



## Coconut Ambrosia Salad

 **Gluten Free**  **Popular**

READY IN



70 min.

SERVINGS



12

CALORIES



183 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 11 ounce mandarin orange segments drained canned
- 8 ounce pineapple crushed drained canned
- 2 cups coconut or shredded
- 1 cup maraschino cherries
- 2 cups marshmallows miniature
- 0.5 cup milk
- 3.5 cups non-dairy whipped topping frozen thawed

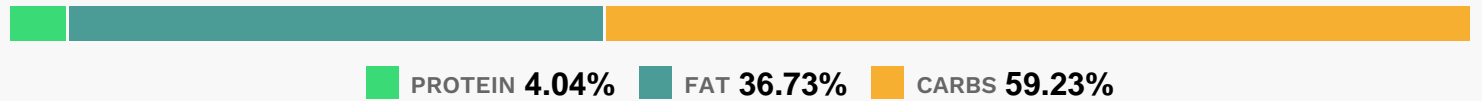
### Equipment

bowl

## Directions

- In a large bowl, combine the oranges, pineapple, whipped topping, coconut, marshmallows and milk.
- Mix together well and chill 1 hour before serving.
- Garnish with cherries.

## Nutrition Facts



## Properties

Glycemic Index:9.04, Glycemic Load:4.36, Inflammation Score:-3, Nutrition Score:3.9882608807605%

## Nutrients (% of daily need)

Calories: 182.55kcal (9.13%), Fat: 7.75g (11.92%), Saturated Fat: 6.64g (41.47%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 25.71g (9.35%), Sugar: 23.77g (26.41%), Cholesterol: 1.66mg (0.55%), Sodium: 31.22mg (1.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin C: 11.03mg (13.37%), Manganese: 0.2mg (10.17%), Fiber: 2.4g (9.59%), Vitamin A: 391.93IU (7.84%), Copper: 0.13mg (6.37%), Phosphorus: 46.96mg (4.7%), Calcium: 46.94mg (4.69%), Potassium: 148.15mg (4.23%), Vitamin B1: 0.06mg (4.07%), Selenium: 2.43µg (3.46%), Magnesium: 13.67mg (3.42%), Iron: 0.57mg (3.18%), Vitamin B2: 0.05mg (2.85%), Zinc: 0.42mg (2.81%), Vitamin B6: 0.04mg (2.22%), Vitamin B12: 0.1µg (1.64%), Folate: 6.45µg (1.61%), Vitamin B3: 0.28mg (1.41%), Vitamin E: 0.2mg (1.33%), Vitamin K: 1.19µg (1.13%)