



WHATSheATE

SOUTHERN
KNOCKOUT DISHES WITH
DOWN-HOME FLAVOR

Cook the Book: Easy Ambrosia



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 2 medium belgian endive ends trimmed cut lengthwise into thin strips
- ☐ 2 cups flat parsley trimmed (from one 3-ounce bunch)
- ☐ 1 grapefruit
- ☐ 0.8 teaspoon kosher salt
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 2 navel oranges
- ☐ 1 tablespoon coconut flakes unsweetened

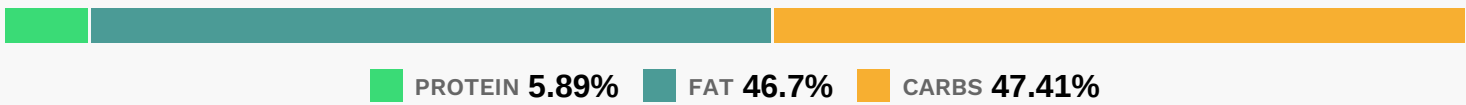
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ whisk
- ☐ toaster
- ☐ broiler pan

Directions

- ☐ Spread the coconut flakes in the broiler pan of a toaster oven and toast on a medium setting until they have become ever so gently browned, about 5 minutes. (Alternatively, you could toast the coconut by stirring it in a dry skillet until it toasts and becomes fragrant.) Reserve.
- ☐ Segment the oranges and grapefruit over a large salad bowl to catch all the juice and segments.
- ☐ Drain the juice in a small bowl and add the salt and olive oil.
- ☐ Add the endive and parsley to the salad bowl with the citrus segments.
- ☐ Whisk the citrus juice with the olive oil and salt until the dressing is emulsified.
- ☐ Pour the dressing over the salad, and toss until the salad is evenly coated. (Covered, the ambrosia will keep in the refrigerator for 1 day.) Before serving, sprinkle the reserved toasted coconut over it.

Nutrition Facts



Properties

Glycemic Index:9.5, Glycemic Load:1.16, Inflammation Score:-9, Nutrition Score:14.071304212446%

Flavonoids

Hesperetin: 10.36mg, Hesperetin: 10.36mg, Hesperetin: 10.36mg, Hesperetin: 10.36mg Naringenin: 17.24mg, Naringenin: 17.24mg, Naringenin: 17.24mg, Naringenin: 17.24mg Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg, Apigenin: 43.1mg Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg, Luteolin: 0.81mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 2.98mg, Myricetin: 2.98mg, Myricetin: 2.98mg, Myricetin: 2.98mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 97.74kcal (4.89%), Fat: 5.51g (8.48%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 12.59g (4.2%), Net Carbohydrates: 9.53g (3.47%), Sugar: 7.14g (7.93%), Cholesterol: 0mg (0%), Sodium: 303.11mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.56g (3.13%), Vitamin K: 330.81µg (315.06%), Vitamin C: 68mg (82.42%), Vitamin A: 2295.86IU (45.92%), Folate: 58.42µg (14.61%), Fiber: 3.05g (12.21%), Potassium: 287.77mg (8.22%), Iron: 1.43mg (7.96%), Vitamin E: 0.95mg (6.34%), Calcium: 60.85mg (6.09%), Magnesium: 21.5mg (5.37%), Vitamin B1: 0.08mg (5.25%), Manganese: 0.1mg (4.81%), Vitamin B6: 0.09mg (4.37%), Copper: 0.08mg (3.88%), Vitamin B2: 0.06mg (3.66%), Phosphorus: 36.32mg (3.63%), Vitamin B5: 0.35mg (3.46%), Vitamin B3: 0.58mg (2.9%), Zinc: 0.33mg (2.18%)