



Cranberry Ambrosia-Cream Cheese Spread

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



24

CALORIES



158 kcal

CONDIMENT

DIP

SPREAD

Ingredients

- 11 ounce mandarin orange segments canned
- 15.5 ounce pineapple crushed canned
- 3.5 ounce coconut or shredded divided canned
- 16 ounce cream cheese softened
- 8 pecan halves toasted
- 1 cup pecans toasted chopped
- 0.3 cup powdered sugar
- 6 ounce cranberries dried sweetened divided

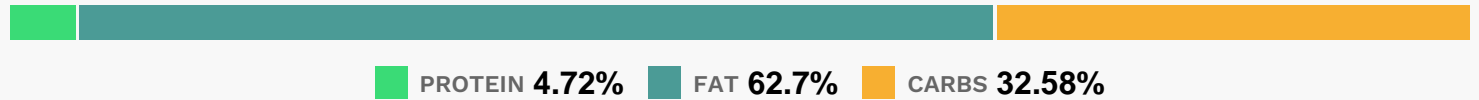
Equipment

- bowl
- paper towels

Directions

- Stir together cream cheese and sugar until blended.
- Add dried cranberries, reserving 1/4 cup cranberries.
- Drain pineapple and oranges; pat dry between layers of paper towels. Set oranges aside.
- Stir pineapple and coconut into cream cheese mixture, reserving 1/4 cup coconut. Stir in chopped pecans. Spoon mixture into a serving bowl.
- Sprinkle reserved dried cranberries around edges of bowl. Arrange orange sections around inside edge of cranberries.
- Sprinkle reserved 1/4 cup coconut in center, and top with pecan halves.
- Serve with gingersnaps.

Nutrition Facts



Properties

Glycemic Index:2.38, Glycemic Load:0.33, Inflammation Score:-4, Nutrition Score:3.7095651859822%

Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg, Delphinidin: 0.37mg Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 158.01kcal (7.9%), Fat: 11.6g (17.84%), Saturated Fat: 5.36g (33.52%), Carbohydrates: 13.56g (4.52%), Net Carbohydrates: 11.93g (4.34%), Sugar: 11.22g (12.46%), Cholesterol: 19.09mg (6.36%), Sodium: 61.38mg (2.67%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.96g (3.92%), Manganese: 0.31mg (15.42%), Vitamin A: 436.26IU (8.73%), Vitamin C: 6.33mg (7.67%), Fiber: 1.62g (6.49%), Copper: 0.11mg (5.55%), Vitamin B1: 0.07mg (4.74%), Phosphorus: 42.05mg (4.2%), Vitamin B2: 0.06mg (3.58%), Selenium: 2.41µg (3.44%), Magnesium: 13.54mg (3.39%), Zinc: 0.46mg (3.07%), Potassium: 104.07mg (2.97%), Vitamin E: 0.41mg (2.76%), Calcium: 27.56mg (2.76%), Vitamin B6: 0.05mg (2.27%), Iron: 0.36mg (2.02%), Vitamin B5: 0.18mg (1.79%), Folate: 5.44µg (1.36%), Vitamin B3: 0.25mg (1.23%), Vitamin K: 1.25µg (1.19%)