



## Creamy Fruit Ambrosia

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



143 kcal

SIDE DISH

### Ingredients

- 0.3 cup no-sugar-added peach spread
- 2 cups peaches fresh peeled coarsely chopped
- 1 tablespoon pecans toasted finely chopped
- 4 cups pineapple fresh cubed
- 2 tablespoons coconut or shredded unsweetened toasted
- 8 ounce carton vanilla yogurt low-fat

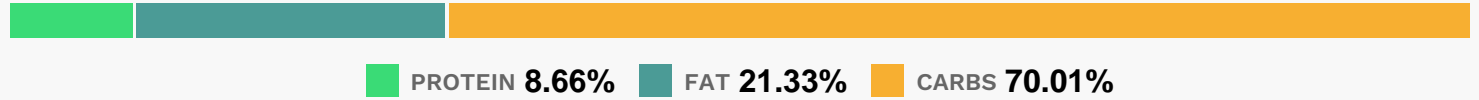
### Equipment

- bowl

## Directions

- Combine pineapple and peaches in a large bowl; cover and chill.
- Combine yogurt and peach spread in a small bowl; stir well.
- Spoon fruit mixture evenly into 6 desserts dishes. Top with yogurt mixture; sprinkle with coconut and pecans.

## Nutrition Facts



## Properties

Glycemic Index:18.15, Glycemic Load:9.33, Inflammation Score:-5, Nutrition Score:10.812608781068%

## Flavonoids

Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg, Cyanidin: 1.16mg Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg, Delphinidin: 0.12mg Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg, Catechin: 2.65mg Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg, Epigallocatechin: 0.63mg Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg, Epicatechin: 1.21mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

## Nutrients (% of daily need)

Calories: 142.96kcal (7.15%), Fat: 3.56g (5.47%), Saturated Fat: 1.86g (11.61%), Carbohydrates: 26.26g (8.75%), Net Carbohydrates: 23.38g (8.5%), Sugar: 21.23g (23.59%), Cholesterol: 1.89mg (0.63%), Sodium: 33.75mg (1.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.25g (6.5%), Vitamin C: 55.04mg (66.72%), Manganese: 1.2mg (59.81%), Fiber: 2.88g (11.51%), Copper: 0.21mg (10.29%), Vitamin B1: 0.13mg (8.51%), Calcium: 82.81mg (8.28%), Vitamin B6: 0.16mg (8.2%), Potassium: 285.72mg (8.16%), Phosphorus: 80.89mg (8.09%), Vitamin B2: 0.13mg (7.75%), Folate: 27.63µg (6.91%), Magnesium: 27.62mg (6.91%), Vitamin B5: 0.56mg (5.56%), Vitamin B3: 1.04mg (5.19%), Selenium: 3.57µg (5.09%), Vitamin A: 248.33IU (4.97%), Zinc: 0.69mg (4.6%), Iron: 0.65mg (3.58%), Vitamin B12: 0.2µg (3.34%), Vitamin E: 0.44mg (2.92%), Vitamin K: 2.41µg (2.3%)