



## Easter Bunny's Vegan Ambrosia Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



1076 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 12 ounces cup heavy whipping cream plain thick store bought
- 1 tablespoon sugar
- 4 ounces vegan cream sour
- 6 ounces marshmallows mini
- 1 cup cranberry-orange relish
- 1 cup pineapple fresh chopped
- 1 cup coconut flakes freshly grated
- 1 cup coconut flakes freshly grated

- 1 cup pecans toasted chopped
- 0.5 cup maraschino cherries drained

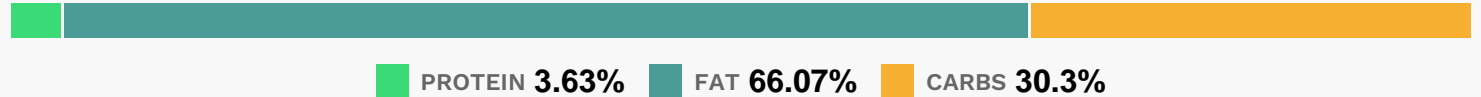
## Equipment

- bowl
- whisk
- stand mixer

## Directions

- Place the cream and sugar into the bowl of a stand mixer with the whisk attachment and whip until stiff peaks are formed.
- Add the sour cream and whisk to combine.
- Add the marshmallows, orange, pineapple, coconut, pecans and cherries and stir to combine.
- Transfer to a glass serving bowl, cover and place in the refrigerator for 2 hours before serving.

## Nutrition Facts



## Properties

Glycemic Index:60.44, Glycemic Load:27.73, Inflammation Score:-8, Nutrition Score:21.47347826087%

## Flavonoids

Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg, Cyanidin: 2.93mg Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg, Delphinidin: 1.98mg Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg, Catechin: 1.97mg Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg, Epigallocatechin: 1.53mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg, Epigallocatechin 3-gallate: 0.63mg Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg, Hesperetin: 12.26mg Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg, Naringenin: 6.89mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

## Taste

Sweetness: 100%, Saltiness: 0.51%, Sourness: 27.66%, Bitterness: 12.11%, Savoriness: 4.96%, Fattiness: 63.6%, Spiciness: 0%

## **Nutrients (% of daily need)**

Calories: 1075.54kcal (53.78%), Fat: 82.83g (127.43%), Saturated Fat: 47.59g (297.46%), Carbohydrates: 85.45g (28.48%), Net Carbohydrates: 73.26g (26.64%), Sugar: 55.82g (62.02%), Cholesterol: 96.1mg (32.03%), Sodium: 216.08mg (9.39%), Protein: 10.25g (20.5%), Manganese: 2.79mg (139.72%), Vitamin C: 45.11mg (54.67%), Fiber: 12.19g (48.76%), Copper: 0.82mg (41.2%), Vitamin A: 1403.96IU (28.08%), Phosphorus: 226.25mg (22.62%), Magnesium: 88.66mg (22.16%), Vitamin B1: 0.29mg (19.63%), Selenium: 12.52µg (17.88%), Zinc: 2.47mg (16.45%), Potassium: 558.11mg (15.95%), Vitamin B2: 0.27mg (15.88%), Vitamin B6: 0.29mg (14.52%), Iron: 2.58mg (14.31%), Calcium: 126.9mg (12.69%), Vitamin B5: 1.01mg (10.1%), Vitamin E: 1.46mg (9.7%), Vitamin D: 1.36µg (9.07%), Folate: 34.57µg (8.64%), Vitamin B3: 1mg (4.99%), Vitamin K: 4.54µg (4.32%), Vitamin B12: 0.14µg (2.27%)