



Florida Ambrosia Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



133 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup apple juice unsweetened
- ☐ 1 coconut or
- ☐ 3 grapefruit white
- ☐ 1 pint kumquats
- ☐ 3 navel oranges
- ☐ 1 pineapple cored peeled cut into 1/2-inch chunks
- ☐ 0.5 cup pomegranate seeds

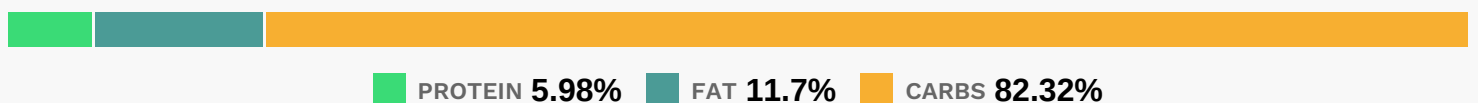
Equipment

- ☐ bowl
- ☐ oven
- ☐ knife
- ☐ peeler
- ☐ serrated knife
- ☐ metal skewers
- ☐ cleaver

Directions

- ☐ Preheat the oven to 400°F.
- ☐ Pierce the softest eye of the coconut with a metal skewer or small screwdriver and drain any liquid into a small bowl to sample—you should have about 1/2 cup liquid. (If the liquid tastes sweet, the coconut is fresh; if it tastes oily, the coconut is rancid and should be discarded.)
- ☐ Bake the coconut for 15 minutes then transfer to a folded towel on a work surface. Using the back of a knife or a cleaver, crack the shell open. Break the shell into large pieces and use a strong knife to carefully remove the flesh from the shell. Using a vegetable peeler, remove the brown skin then shave the coconut into thin strips—you should have about 4 cups shaved coconut. Reserve 2 cups for the ambrosia salad; wrap and freeze the remainder for another use. DO AHEAD: Coconut shavings can stored, in an airtight container, in the refrigerator up to 1 week or frozen up to 3 months.
- ☐ Using a serrated knife, cut the peel off the grapefruits and oranges.
- ☐ Cut the fruit crosswise into 1/2-inch-thick rounds then cut the rounds into bite-size pieces.
- ☐ Transfer to a large bowl; add the pineapple, kumquats, pomegranate seeds, 2 cups coconut shavings, 1/2 cup coconut juice, and the apple juice, and toss gently to combine.
- ☐ Serve at room temperature or chilled. DO AHEAD: Florida Ambrosia Salad can be prepared ahead and stored, covered, in the refrigerator up to 8 hours.

Nutrition Facts



Properties

Glycemic Index:16.78, Glycemic Load:7.8, Inflammation Score:-8, Nutrition Score:12.074347897716%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg, Epicatechin: 0.49mg Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg, Hesperetin: 7.88mg Naringenin: 46mg, Naringenin: 46mg, Naringenin: 46mg, Naringenin: 46mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 133.43kcal (6.67%), Fat: 1.92g (2.96%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 30.4g (10.13%), Net Carbohydrates: 24.36g (8.86%), Sugar: 20.67g (22.96%), Cholesterol: 0mg (0%), Sodium: 6.42mg (0.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.21g (4.42%), Vitamin C: 94.93mg (115.06%), Manganese: 0.85mg (42.43%), Fiber: 6.04g (24.18%), Vitamin A: 980.65IU (19.61%), Folate: 44.07µg (11.02%), Potassium: 339.96mg (9.71%), Copper: 0.18mg (9.14%), Vitamin B1: 0.13mg (8.98%), Vitamin B6: 0.17mg (8.46%), Magnesium: 29.08mg (7.27%), Calcium: 65.42mg (6.54%), Vitamin B2: 0.1mg (6.08%), Vitamin B5: 0.54mg (5.44%), Vitamin B3: 0.87mg (4.37%), Iron: 0.78mg (4.33%), Phosphorus: 40.52mg (4.05%), Zinc: 0.3mg (1.98%), Vitamin E: 0.26mg (1.74%), Vitamin K: 1.66µg (1.58%)