



Fruit Ambrosia with Crème Anglaise



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



176 kcal

SIDE DISH

Ingredients



1.3 cups banana ripe sliced (2 bananas)



1 cup blackberries fresh



1.3 cups crème anglaise chilled



1 cup grapes green seedless



0.3 cup orange juice concentrate thawed



1.5 cups orange sections (3 oranges)



1 cup raspberries fresh



2 tablespoons sugar

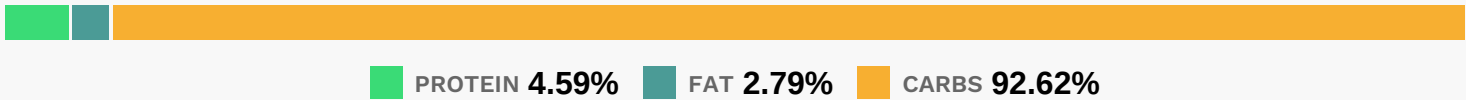
Equipment

☐ bowl

Directions

☐ Combine orange juice concentrate and sugar in a medium bowl; add oranges, banana, grapes, and berries, tossing gently. Spoon ambrosia into each of 5 glasses; top with Crme Anglaise.

Nutrition Facts



Properties

Glycemic Index:52.87, Glycemic Load:12.97, Inflammation Score:-6, Nutrition Score:10.910000059916%

Flavonoids

Cyanidin: 39.77mg, Cyanidin: 39.77mg, Cyanidin: 39.77mg, Cyanidin: 39.77mg Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg, Petunidin: 0.07mg Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg, Delphinidin: 0.32mg Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg, Malvidin: 0.03mg Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg, Pelargonidin: 0.36mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 13.43mg, Catechin: 13.43mg, Catechin: 13.43mg, Catechin: 13.43mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg, Epicatechin: 2.19mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Hesperetin: 14.72mg, Hesperetin: 14.72mg, Hesperetin: 14.72mg, Hesperetin: 14.72mg Naringenin: 8.27mg, Naringenin: 8.27mg, Naringenin: 8.27mg, Naringenin: 8.27mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 176.34kcal (8.82%), Fat: 0.59g (0.91%), Saturated Fat: 0.09g (0.54%), Carbohydrates: 44.23g (14.74%), Net Carbohydrates: 38.39g (13.96%), Sugar: 33.95g (37.72%), Cholesterol: 0mg (0%), Sodium: 9.67mg (0.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.19g (4.38%), Vitamin C: 66.1mg (80.12%), Manganese: 0.5mg (25.22%), Fiber: 5.84g (23.34%), Potassium: 471.52mg (13.47%), Vitamin B6: 0.26mg (13.2%), Folate: 47.98µg (11.99%), Vitamin K: 12.24µg (11.66%), Vitamin B1: 0.13mg (8.85%), Copper: 0.18mg (8.82%), Magnesium: 34.92mg (8.73%), Vitamin B2: 0.11mg (6.72%), Vitamin A: 290.4IU (5.81%), Vitamin E: 0.83mg (5.5%), Vitamin B5: 0.52mg (5.22%), Calcium: 49.37mg (4.94%), Vitamin B3: 0.96mg (4.8%), Phosphorus: 44.36mg (4.44%), Iron: 0.69mg

(3.83%), Zinc: 0.44mg (2.91%), Selenium: 0.95µg (1.36%)