



Gingered Ambrosia



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons ginger fresh grated
- ☐ 0.3 cup mint leaves fresh cut into strips
- ☐ 2.5 tablespoons juice of lime fresh
- ☐ 8 servings garnish: mint sprig fresh
- ☐ 6 large navel oranges
- ☐ 40 ounce pineapple chunks drained canned
- ☐ 0.7 cup coconut or sweetened flaked

Equipment

☐

bowl

Directions

- ☐ Peel and section oranges over a bowl, reserving juice.
- ☐ Combine orange sections, juice, and remaining ingredients; gently toss. Cover and chill until ready to serve.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:1.88, Glycemic Load:0.03, Inflammation Score:-7, Nutrition Score:10.2039131444443%

Flavonoids

Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg, Eriodictyol: 0.85mg Hesperetin: 23.63mg, Hesperetin: 23.63mg, Hesperetin: 23.63mg, Hesperetin: 23.63mg Naringenin: 7.47mg, Naringenin: 7.47mg, Naringenin: 7.47mg, Naringenin: 7.47mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 172.7kcal (8.64%), Fat: 2.33g (3.59%), Saturated Fat: 1.91g (11.93%), Carbohydrates: 39.88g (13.29%), Net Carbohydrates: 34.79g (12.65%), Sugar: 31.85g (35.38%), Cholesterol: 0mg (0%), Sodium: 23.67mg (1.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.03g (4.07%), Vitamin C: 77.62mg (94.08%), Fiber: 5.09g (20.37%), Vitamin B1: 0.22mg (14.7%), Folate: 46.36µg (11.59%), Potassium: 400.26mg (11.44%), Copper: 0.23mg (11.28%), Vitamin B6: 0.2mg (9.92%), Magnesium: 39.29mg (9.82%), Vitamin A: 434.79IU (8.7%), Calcium: 75.32mg (7.53%), Manganese: 0.13mg (6.53%), Vitamin B2: 0.09mg (5.41%), Vitamin B3: 0.96mg (4.78%), Phosphorus: 44.01mg (4.4%), Iron: 0.77mg (4.3%), Vitamin B5: 0.3mg (3.01%), Selenium: 1.72µg (2.46%), Zinc: 0.31mg (2.07%), Vitamin E: 0.2mg (1.33%)