



Grapefruit Ambrosia



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



465 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons campari
- ☐ 0.5 cup pistachios salted shelled toasted coarsely chopped
- ☐ 5 lb ruby grapefruit red (preferably half pink and half ; 6 total)
- ☐ 2 tablespoons sugar
- ☐ 1 cup coconut sweetened flaked

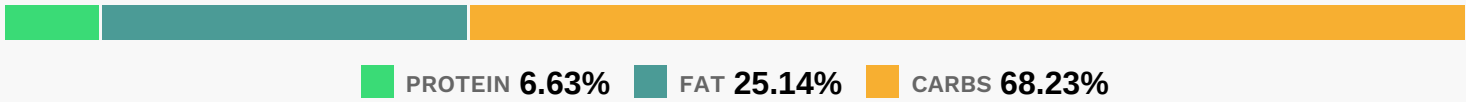
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ Cut peel, including all white pith, from fruit with a sharp paring knife and cut segments free from membranes. Halve grapefruit segments crosswise, then transfer to a bowl. Stir in coconut, Campari, sugar, and a pinch of salt and chill 15 minutes.
- ☐ Just before serving, stir in nuts.
- ☐ •Ambrosia, without nuts, can be made 4 hours ahead and chilled, covered.

Nutrition Facts



Properties

Glycemic Index:28.27, Glycemic Load:17.56, Inflammation Score:-10, Nutrition Score:22.599565174269%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg, Hesperetin: 1.98mg Naringenin: 185.07mg, Naringenin: 185.07mg, Naringenin: 185.07mg, Naringenin: 185.07mg Luteolin: 3.4mg, Luteolin: 3.4mg, Luteolin: 3.4mg, Luteolin: 3.4mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 464.57kcal (23.23%), Fat: 13.74g (21.14%), Saturated Fat: 6.58g (41.15%), Carbohydrates: 83.91g (27.97%), Net Carbohydrates: 71.15g (25.87%), Sugar: 54.05g (60.06%), Cholesterol: 0mg (0%), Sodium: 60.78mg (2.64%), Alcohol: 1.7g (100%), Alcohol %: 0.35% (100%), Protein: 8.15g (16.29%), Vitamin C: 177.76mg (215.47%), Vitamin A: 6584.2IU (131.68%), Fiber: 12.76g (51.04%), Potassium: 999.86mg (28.57%), Vitamin B6: 0.57mg (28.41%), Manganese: 0.51mg (25.66%), Vitamin B1: 0.38mg (25.38%), Copper: 0.44mg (22.22%), Folate: 82.19µg (20.55%), Magnesium: 80.47mg (20.12%), Phosphorus: 198.65mg (19.86%), Vitamin B5: 1.6mg (15.95%), Calcium: 143.28mg (14.33%), Vitamin B2: 0.2mg (12.04%), Iron: 1.38mg (7.67%), Vitamin B3: 1.5mg (7.52%), Selenium: 5.1µg (7.29%), Vitamin E: 1.09mg (7.27%), Zinc: 0.89mg (5.91%)