



Grapefruit Ambrosia Coupes



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



152 kcal

SIDE DISH

Ingredients

- ☐ 4 teaspoons coconut or flaked
- ☐ 1 cup grape halves red seedless
- ☐ 26 ounce pink grapefruit sections drained
- ☐ 4 teaspoons honey
- ☐ 1 cup orange sherbet

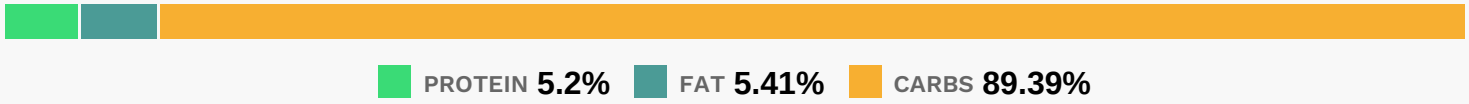
Equipment

- ☐ bowl

Directions

- ☐
- Divide sherbet among 4 coupe dishes or other individual stemmed dessert dishes. Toss grapefruit and grapes in a bowl. Top each sherbet serving evenly with fruit.
- ☐
- Drizzle each with 1 teaspoon honey, and sprinkle with 1 teaspoon coconut.

Nutrition Facts



Properties

Glycemic Index:41.44, Glycemic Load:11.98, Inflammation Score:-9, Nutrition Score:11.305217421573%

Flavonoids

Hesperetin: 12.91mg, Hesperetin: 12.91mg, Hesperetin: 12.91mg, Hesperetin: 12.91mg Naringenin: 67.04mg, Naringenin: 67.04mg, Naringenin: 67.04mg, Naringenin: 67.04mg Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg, Luteolin: 1.19mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 152.47kcal (7.62%), Fat: 1.02g (1.57%), Saturated Fat: 0.64g (3.99%), Carbohydrates: 37.86g (12.62%), Net Carbohydrates: 33.32g (12.12%), Sugar: 28.58g (31.75%), Cholesterol: 0mg (0%), Sodium: 1.4mg (0.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.2g (4.41%), Vitamin C: 82.69mg (100.23%), Vitamin A: 2245.29IU (44.91%), Fiber: 4.55g (18.18%), Potassium: 411.39mg (11.75%), Vitamin B1: 0.14mg (9.67%), Folate: 38.44µg (9.61%), Vitamin B6: 0.16mg (8.09%), Copper: 0.14mg (6.88%), Calcium: 62.99mg (6.3%), Vitamin B5: 0.63mg (6.27%), Magnesium: 24.77mg (6.19%), Vitamin B2: 0.11mg (6.19%), Manganese: 0.11mg (5.58%), Vitamin K: 5.51µg (5.25%), Phosphorus: 49.36mg (4.94%), Vitamin B3: 0.59mg (2.94%), Vitamin E: 0.4mg (2.64%), Iron: 0.39mg (2.17%), Zinc: 0.22mg (1.48%)