



Heavenly Ambrosia in a Cloud

 **Gluten Free**  **Dairy Free**

READY IN



75 min.

SERVINGS



15

CALORIES



179 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 22 oz mandarin orange segments drained canned
- 2 cups baker's angel flake coconut
- 3 cups marshmallows jet-puffed miniature
- 20 oz pineapple in juice crushed drained canned
- 8 oz cool whip whipped topping thawed

Equipment

- bowl

Directions

- Spread COOL WHIP onto bottom and up side of 2-1/2-qt. bowl.
- Fill with combined remaining ingredients.
- Refrigerate 1 hour.

Nutrition Facts



PROTEIN 4.07% **FAT 44.7%** **CARBS 51.23%**

Properties

Glycemic Index:4.03, Glycemic Load:4.91, Inflammation Score:-5, Nutrition Score:5.0352174276891%

Nutrients (% of daily need)

Calories: 178.95kcal (8.95%), Fat: 9.37g (14.42%), Saturated Fat: 8.2g (51.27%), Carbohydrates: 24.17g (8.06%), Net Carbohydrates: 21.33g (7.75%), Sugar: 18.98g (21.09%), Cholesterol: 0.3mg (0.1%), Sodium: 25.54mg (1.11%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.92g (3.84%), Vitamin C: 17.82mg (21.6%), Manganese: 0.31mg (15.6%), Vitamin A: 575.61IU (11.51%), Fiber: 2.85g (11.39%), Copper: 0.16mg (7.95%), Vitamin B1: 0.09mg (5.67%), Magnesium: 21.7mg (5.43%), Potassium: 180.73mg (5.16%), Phosphorus: 42.56mg (4.26%), Selenium: 2.95µg (4.21%), Vitamin B6: 0.08mg (4.18%), Iron: 0.63mg (3.51%), Zinc: 0.51mg (3.37%), Vitamin B2: 0.05mg (2.7%), Calcium: 25.02mg (2.5%), Vitamin B3: 0.38mg (1.92%), Folate: 5.54µg (1.39%), Vitamin E: 0.2mg (1.3%)