



Holiday Ambrosia Salad

 Dairy Free

READY IN



510 min.

SERVINGS



16

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup coconut or shredded
- 2 eggs beaten
- 2 tablespoons flour all-purpose
- 11 ounce mandarin orange segments drained canned
- 8 ounces orzo pasta uncooked
- 16 ounce pineapple chunks with juice reserved drained canned
- 0.5 teaspoon salt
- 4 cups non-dairy whipped topping frozen thawed

0.8 cup sugar white

Equipment

bowl

sauce pan

whisk

pot

Directions

Bring a large pot of lightly salted water to a boil.

Add the pasta and cook until al dente, 5 to 7 minutes.

Drain, transfer to a large bowl, and cool.

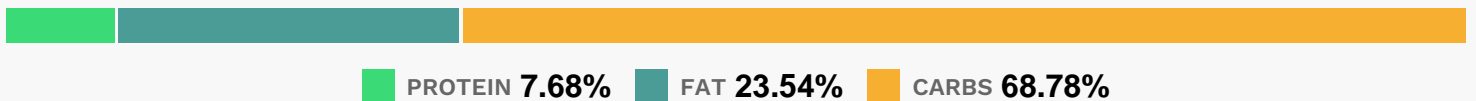
Whisk the sugar, eggs, flour, salt, and reserved pineapple juice together in a saucepan until smooth. Cook and stir over medium heat until the mixture thickens.

Pour over cooled pasta, and toss to coat evenly. Cover and refrigerate overnight, or at least 8 hours.

Stir the pineapple chunks and mandarin oranges into the pasta mixture.

Mix in the coconut if desired. Stir in the frozen whipped topping until evenly blended. Chill until serving.

Nutrition Facts



Properties

Glycemic Index:14.94, Glycemic Load:12.29, Inflammation Score:-2, Nutrition Score:4.4699999690056%

Flavonoids

Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg, Hesperetin: 1.55mg Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg, Naringenin: 1.95mg

Nutrients (% of daily need)

Calories: 187kcal (9.35%), Fat: 5g (7.69%), Saturated Fat: 3.83g (23.92%), Carbohydrates: 32.87g (10.96%), Net Carbohydrates: 31.22g (11.35%), Sugar: 20.6g (22.89%), Cholesterol: 20.83mg (6.95%), Sodium: 96.62mg (4.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Selenium: 12.11µg (17.3%), Manganese: 0.22mg (11.05%), Vitamin C: 8.03mg (9.74%), Fiber: 1.65g (6.59%), Phosphorus: 64.1mg (6.41%), Copper: 0.11mg (5.46%), Vitamin B1: 0.07mg (4.64%), Magnesium: 17.88mg (4.47%), Vitamin B2: 0.07mg (4.17%), Potassium: 144.65mg (4.13%), Vitamin A: 190.48IU (3.81%), Vitamin B6: 0.07mg (3.64%), Folate: 13.25µg (3.31%), Iron: 0.58mg (3.21%), Calcium: 32.1mg (3.21%), Zinc: 0.39mg (2.63%), Vitamin B3: 0.5mg (2.5%), Vitamin B5: 0.21mg (2.07%), Vitamin E: 0.22mg (1.5%), Vitamin B12: 0.09µg (1.44%)