



Honeyed Ambrosia



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



98 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons coconut or flaked toasted
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 3 cups grapefruit sections fresh
- ☐ 0.5 cup honey
- ☐ 0.3 cup juice of lemon
- ☐ 4 oranges peeled thinly sliced

Equipment

- ☐ bowl

Directions

- ☐ Combine first 3 ingredients in a small bowl; stir well.
- ☐ Combine grapefruit sections and orange slices in a medium bowl.
- ☐ Drizzle honey mixture over fruit; toss gently to coat. Cover and chill at least 2 hours. Just before serving, sprinkle fruit mixture with coconut.

Nutrition Facts



Properties

Glycemic Index:9.98, Glycemic Load:9.12, Inflammation Score:-6, Nutrition Score:5.3560868734899%

Flavonoids

Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg, Eriodictyol: 0.54mg Hesperetin: 12.93mg, Hesperetin: 12.93mg, Hesperetin: 12.93mg, Hesperetin: 12.93mg Naringenin: 25.53mg, Naringenin: 25.53mg, Naringenin: 25.53mg, Naringenin: 25.53mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 97.64kcal (4.88%), Fat: 0.96g (1.48%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 23.73g (7.91%), Net Carbohydrates: 21.44g (7.8%), Sugar: 19.86g (22.07%), Cholesterol: 0mg (0%), Sodium: 1.37mg (0.06%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 1.03g (2.07%), Vitamin C: 43.53mg (52.76%), Vitamin A: 799.63IU (15.99%), Fiber: 2.29g (9.16%), Folate: 23.06µg (5.76%), Potassium: 181.36mg (5.18%), Vitamin B1: 0.07mg (4.36%), Manganese: 0.08mg (4.04%), Calcium: 33.87mg (3.39%), Vitamin B6: 0.07mg (3.37%), Magnesium: 12mg (3%), Vitamin B5: 0.29mg (2.89%), Copper: 0.06mg (2.85%), Vitamin B2: 0.05mg (2.66%), Phosphorus: 20.69mg (2.07%), Vitamin B3: 0.29mg (1.43%), Iron: 0.24mg (1.35%), Vitamin E: 0.17mg (1.11%)