

Island Ambrosia



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



5 min.

SERVINGS



8

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons rum dark
- ☐ 1 kiwifruit cubed peeled
- ☐ 0.8 cup naval orange peeled chopped
- ☐ 8 ounce pineapple tidbits in juice drained canned
- ☐ 1.5 cups strawberries hulled chopped 12 large
- ☐ 0.3 cup coconut or sweetened flaked toasted

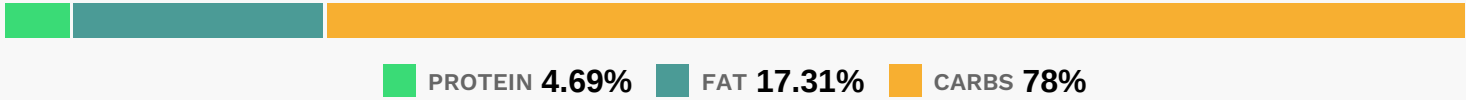
Equipment

- ☐ bowl

Directions

- ☐ Combine all ingredients in a medium bowl; toss gently.
- ☐ Let stand 15 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:18.77, Glycemic Load:1.95, Inflammation Score:-3, Nutrition Score:4.3626087048779%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg, Pelargonidin: 6.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg, Catechin: 0.84mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Hesperetin: 4.6mg, Hesperetin: 4.6mg, Hesperetin: 4.6mg, Hesperetin: 4.6mg Naringenin: 2.66mg, Naringenin: 2.66mg, Naringenin: 2.66mg, Naringenin: 2.66mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 64.99kcal (3.25%), Fat: 1.17g (1.81%), Saturated Fat: 0.95g (5.92%), Carbohydrates: 11.9g (3.97%), Net Carbohydrates: 9.9g (3.6%), Sugar: 9.27g (10.3%), Cholesterol: 0mg (0%), Sodium: 11.25mg (0.49%), Alcohol: 1.25g (100%), Alcohol %: 1.75% (100%), Protein: 0.72g (1.43%), Vitamin C: 36.02mg (43.66%), Fiber: 2.01g (8.02%), Manganese: 0.15mg (7.71%), Vitamin K: 5.38µg (5.12%), Potassium: 142.39mg (4.07%), Folate: 16.02µg (4.01%), Copper: 0.08mg (3.87%), Vitamin B1: 0.05mg (3.59%), Magnesium: 13.08mg (3.27%), Vitamin B6: 0.05mg (2.61%), Calcium: 19.98mg (2%), Phosphorus: 18.39mg (1.84%), Vitamin E: 0.26mg (1.75%), Iron: 0.29mg (1.61%), Vitamin B3: 0.3mg (1.5%), Vitamin A: 65.28IU (1.31%), Vitamin B2: 0.02mg (1.3%), Selenium: 0.9µg (1.28%), Vitamin B5: 0.1mg (1.02%)