



Kitchen Express Ambrosia



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



153 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup coconut or frozen thawed grated
- ☐ 2 tablespoons juice of lemon
- ☐ 24 ounce mandarin orange segents drained
- ☐ 24 ounce pineapple chunks drained

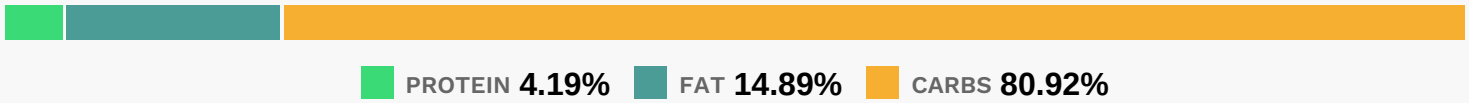
Equipment

- ☐ bowl

Directions

- ☐ Toss together 2 tablespoons lemon juice, 1 (24-ounce) jar drained mandarin orange segments, and 1 (24-ounce) jar drained pineapple chunks.
- ☐ Place one-third fruit mixture in a serving bowl. Top with 1/4 cup frozen grated coconut, thawed. Repeat layers twice. Cover and chill 1 hour.
- ☐ Note: For testing purposes only, we used Del Monte SunFresh jarred fruits located in the produce section of the grocery store.

Nutrition Facts



Properties

Glycemic Index:7, Glycemic Load:5.48, Inflammation Score:-7, Nutrition Score:7.7721738348836%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 9.73mg, Hesperetin: 9.73mg, Hesperetin: 9.73mg, Hesperetin: 9.73mg Naringenin: 11.43mg, Naringenin: 11.43mg, Naringenin: 11.43mg, Naringenin: 11.43mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 152.61kcal (7.63%), Fat: 2.77g (4.27%), Saturated Fat: 2.08g (13.01%), Carbohydrates: 33.91g (11.3%), Net Carbohydrates: 29.8g (10.84%), Sugar: 28.58g (31.75%), Cholesterol: 0mg (0%), Sodium: 4.76mg (0.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.76g (3.52%), Vitamin C: 42.92mg (52.03%), Vitamin A: 829.24IU (16.58%), Fiber: 4.11g (16.43%), Vitamin B1: 0.18mg (12.32%), Potassium: 353.24mg (10.09%), Copper: 0.2mg (9.9%), Vitamin B6: 0.19mg (9.32%), Magnesium: 34.1mg (8.53%), Manganese: 0.14mg (7.1%), Folate: 25.13µg (6.28%), Calcium: 61.32mg (6.13%), Vitamin B2: 0.07mg (4.05%), Vitamin B3: 0.77mg (3.87%), Phosphorus: 38.31mg (3.83%), Iron: 0.61mg (3.38%), Vitamin B5: 0.28mg (2.8%), Vitamin E: 0.27mg (1.82%), Zinc: 0.27mg (1.78%), Selenium: 1.23µg (1.75%)