



Layered Ambrosia

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



161 kcal

SIDE DISH

Ingredients

- ☐ 2 medium bananas peeled sliced
- ☐ 0.5 cup coconut or flaked
- ☐ 2 tablespoons grand marnier orange-flavored
- ☐ 1 teaspoon juice of lemon
- ☐ 1.5 cups orange sections
- ☐ 0.5 cup pecans toasted chopped
- ☐ 1.5 cups pineapple chunks fresh
- ☐ 0.3 cup cup heavy whipping cream sour

- ☐ 1.5 cups strawberries fresh halved
- ☐ 1 tablespoon sugar
- ☐ 0.5 cup whipping cream

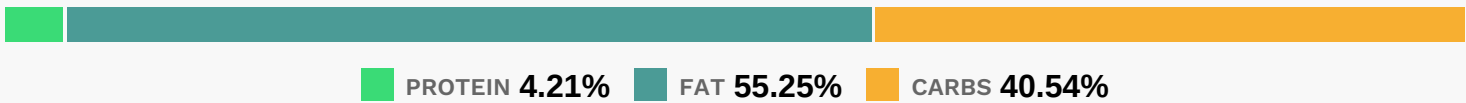
Equipment

- ☐ bowl

Directions

- ☐ Combine banana and lemon juice in a small bowl; toss gently to coat.
- ☐ Layer orange sections, banana, strawberries, and pineapple in a 1 1/2-quart serving bowl; cover and chill.
- ☐ Combine sour cream, sugar, and liqueur; fold in coconut and whipped cream. Spoon sour cream mixture over fruit, and sprinkle with pecans.

Nutrition Facts



Properties

Glycemic Index:18.11, Glycemic Load:4.2, Inflammation Score:-4, Nutrition Score:6.0339129981787%

Flavonoids

Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg, Cyanidin: 0.79mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg, Pelargonidin: 4.47mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg, Catechin: 2.09mg Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg, Epigallocatechin: 0.4mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg, Hesperetin: 6.19mg Naringenin: 3.5mg, Naringenin: 3.5mg, Naringenin: 3.5mg, Naringenin: 3.5mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 161.19kcal (8.06%), Fat: 10.26g (15.78%), Saturated Fat: 5.11g (31.91%), Carbohydrates: 16.93g (5.64%), Net Carbohydrates: 14.11g (5.13%), Sugar: 12.31g (13.68%), Cholesterol: 14.03mg (4.68%), Sodium: 6.36mg (0.28%), Alcohol: 0.65g (100%), Alcohol %: 0.71% (100%), Protein: 1.76g (3.52%), Vitamin C: 27.41mg (33.23%), Manganese: 0.43mg (21.55%), Fiber: 2.81g (11.24%), Copper: 0.15mg (7.58%), Vitamin B6: 0.14mg (7.11%), Potassium: 229.8mg (6.57%), Vitamin B1: 0.1mg (6.36%), Magnesium: 24.29mg (6.07%), Vitamin A: 258.35IU (5.17%), Folate: 18.57µg (4.64%), Phosphorus: 43.32mg (4.33%), Vitamin B2: 0.07mg (4.13%), Calcium: 33.14mg (3.31%), Zinc: 0.42mg (2.78%), Iron: 0.48mg (2.66%), Selenium: 1.82µg (2.59%), Vitamin B5: 0.25mg (2.54%), Vitamin B3: 0.44mg (2.18%), Vitamin E: 0.31mg (2.05%), Vitamin K: 1.26µg (1.2%), Vitamin D: 0.16µg (1.06%)