



Rosemary Ambrosia



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



37 min.

SERVINGS



12

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 4 large bananas firm sliced
- ☐ 3 tablespoons rosemary leaves fresh
- ☐ 3 pink grapefruit
- ☐ 4 large naval oranges
- ☐ 1 small pineapple fresh cored
- ☐ 0.5 cup sugar
- ☐ 0.5 cup coconut or sweetened flaked
- ☐ 0.3 cup water

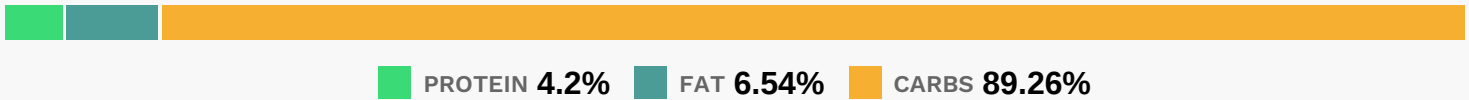
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Combine sugar, water, and rosemary leaves in a small saucepan. Cook over medium heat, stirring constantly, until mixture comes to a boil. Reduce heat, and simmer, uncovered, 8 minutes or until slightly thickened. Cool completely.
- ☐ Pour syrup through a wire mesh strainer into a cup; discard rosemary.
- ☐ Peel and section oranges and grapefruit over a large bowl to catch juices.
- ☐ Cut pineapple into bite-sized chunks.
- ☐ Add pineapple and banana to orange mixture.
- ☐ Pour rosemary syrup over fruit; stir gently.
- ☐ Pour fruit mixture into a large, shallow dish; sprinkle with coconut.
- ☐ Garnish with rosemary, if desired.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:19.92, Inflammation Score:-8, Nutrition Score:12.639565213867%

Flavonoids

Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg, Catechin: 2.77mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Hesperetin: 16.94mg, Hesperetin: 16.94mg, Hesperetin: 16.94mg, Hesperetin: 16.94mg Naringenin: 30.41mg, Naringenin: 30.41mg, Naringenin: 30.41mg, Naringenin: 30.41mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 182.65kcal (9.13%), Fat: 1.45g (2.23%), Saturated Fat: 1.03g (6.43%), Carbohydrates: 44.54g (14.85%), Net Carbohydrates: 39.39g (14.32%), Sugar: 32.72g (36.36%), Cholesterol: 0mg (0%), Sodium: 11.76mg (0.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.1g (4.2%), Vitamin C: 92.7mg (112.36%), Manganese: 0.89mg (44.5%), Fiber: 5.15g (20.61%), Vitamin A: 961.38IU (19.23%), Vitamin B6: 0.32mg (16.22%), Potassium: 458.2mg (13.09%), Folate: 50.01µg (12.5%), Vitamin B1: 0.16mg (10.35%), Copper: 0.18mg (8.99%), Magnesium: 35.49mg (8.87%), Vitamin B5: 0.64mg (6.42%), Vitamin B2: 0.1mg (6.15%), Calcium: 52.89mg (5.29%), Vitamin B3: 1.01mg (5.06%), Phosphorus: 39.99mg (4%), Iron: 0.54mg (3%), Selenium: 1.52µg (2.17%), Zinc: 0.28mg (1.85%), Vitamin E: 0.25mg (1.69%)