



Sliced Banana and Grape Ambrosia



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



178 kcal

SIDE DISH

Ingredients



1.5 cups bananas sliced (2 medium)



0.5 cup orange juice



2.5 cups grapes red seedless halved



2 teaspoons sugar



2 tablespoons coconut or sweetened flaked toasted



2 teaspoons triple sec orange-flavored (liqueur)

Equipment



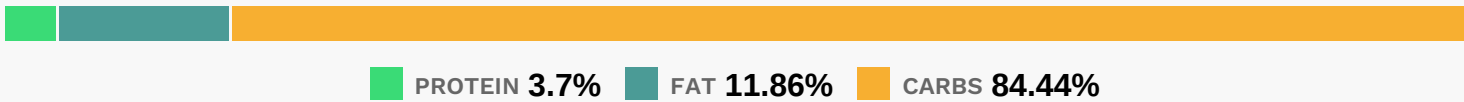
bowl

whisk

Directions

- Combine first 3 ingredients in a medium bowl; stir with a whisk until sugar dissolves.
- Add bananas and grapes; stir gently. Spoon into stemmed glasses, and sprinkle with coconut.

Nutrition Facts



Properties

Glycemic Index:55.72, Glycemic Load:16.73, Inflammation Score:-4, Nutrition Score:6.9699999560481%

Flavonoids

Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg, Catechin: 3.43mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 178.25kcal (8.91%), Fat: 2.48g (3.82%), Saturated Fat: 2.08g (12.97%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 36.65g (13.33%), Sugar: 29.62g (32.91%), Cholesterol: 0mg (0%), Sodium: 24.05mg (1.05%), Alcohol: 0.65g (100%), Alcohol %: 0.43% (100%), Protein: 1.74g (3.49%), Vitamin C: 23.41mg (28.38%), Vitamin B6: 0.3mg (15.11%), Manganese: 0.29mg (14.73%), Potassium: 471.11mg (13.46%), Vitamin K: 14.09µg (13.42%), Fiber: 3.11g (12.42%), Copper: 0.2mg (10.02%), Vitamin B1: 0.11mg (7.44%), Magnesium: 29.05mg (7.26%), Vitamin B2: 0.12mg (6.95%), Folate: 22.66µg (5.66%), Phosphorus: 44.06mg (4.41%), Iron: 0.66mg (3.68%), Vitamin B3: 0.73mg (3.65%), Vitamin A: 160.29IU (3.21%), Vitamin B5: 0.3mg (3.04%), Selenium: 1.9µg (2.71%), Vitamin E: 0.25mg (1.65%), Calcium: 16.52mg (1.65%), Zinc: 0.22mg (1.46%)