



 **51%**
HEALTH SCORE

Spinach Ambrosia

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



49 kcal

SIDE DISH

Ingredients

- 0.5 cup coconut or shredded
- 11 ounces mandarin orange segments drained canned
- 0.3 cup orange juice
- 7 cups pkt spinach fresh

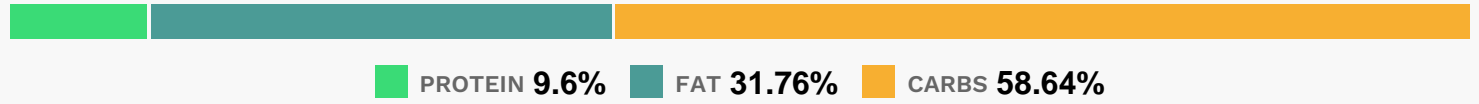
Equipment

- bowl

Directions

- Toss spinach, coconut and fruit in large bowl.
- Drizzle with orange juice.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:17, Glycemic Load:2.58, Inflammation Score:-9, Nutrition Score:11.921304433242%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 4.33mg, Hesperetin: 4.33mg, Hesperetin: 4.33mg, Hesperetin: 4.33mg Naringenin: 4.13mg, Naringenin: 4.13mg, Naringenin: 4.13mg, Naringenin: 4.13mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg, Kaempferol: 1.67mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 49.05kcal (2.45%), Fat: 1.92g (2.95%), Saturated Fat: 1.52g (9.5%), Carbohydrates: 7.97g (2.66%), Net Carbohydrates: 6.22g (2.26%), Sugar: 5.42g (6.02%), Cholesterol: 0mg (0%), Sodium: 22.62mg (0.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.31g (2.61%), Vitamin K: 126.81µg (120.77%), Vitamin A: 2747.59IU (54.95%), Vitamin C: 23.12mg (28.02%), Manganese: 0.33mg (16.36%), Folate: 61.56µg (15.39%), Potassium: 249.65mg (7.13%), Magnesium: 28.15mg (7.04%), Fiber: 1.75g (7%), Iron: 0.91mg (5.07%), Vitamin B6: 0.09mg (4.42%), Calcium: 42.25mg (4.22%), Vitamin E: 0.63mg (4.18%), Vitamin B2: 0.07mg (3.99%), Copper: 0.08mg (3.84%), Vitamin B1: 0.06mg (3.71%), Phosphorus: 28.07mg (2.81%), Vitamin B3: 0.41mg (2.02%), Zinc: 0.23mg (1.51%), Vitamin B5: 0.14mg (1.36%), Selenium: 0.82µg (1.17%)