



Sweet Ambrosia Salad

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



273 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 11 oz mandarin orange segments drained canned
- ☐ 14.5 oz maraschino cherries drained
- ☐ 10.5 oz pastel marshmallows mini
- ☐ 20 oz pineapple chunks drained canned
- ☐ 8 oz cup heavy whipping cream sour
- ☐ 0.5 cup coconut or sweetened flaked

Equipment

- ☐ bowl

Directions

☐ Combine fruit in a large bowl; stir in sour cream until coated. Fold in marshmallows and coconut; cover and chill overnight.

Nutrition Facts



Properties

Glycemic Index:6.05, Glycemic Load:14.62, Inflammation Score:-5, Nutrition Score:4.4956522221151%

Nutrients (% of daily need)

Calories: 272.64kcal (13.63%), Fat: 5.81g (8.94%), Saturated Fat: 3.45g (21.57%), Carbohydrates: 56.47g (18.82%), Net Carbohydrates: 53.6g (19.49%), Sugar: 46.09g (51.21%), Cholesterol: 13.38mg (4.46%), Sodium: 46.73mg (2.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.84g (3.67%), Vitamin C: 16.11mg (19.52%), Vitamin A: 597.28IU (11.95%), Fiber: 2.88g (11.51%), Copper: 0.18mg (8.89%), Vitamin B1: 0.09mg (6.05%), Calcium: 59.28mg (5.93%), Potassium: 166.53mg (4.76%), Magnesium: 18.61mg (4.65%), Vitamin B2: 0.06mg (3.57%), Selenium: 2.46µg (3.52%), Vitamin B6: 0.07mg (3.47%), Phosphorus: 32.5mg (3.25%), Iron: 0.57mg (3.16%), Zinc: 0.45mg (2.97%), Manganese: 0.05mg (2.53%), Vitamin B3: 0.38mg (1.88%), Folate: 6.18µg (1.55%), Vitamin K: 1.35µg (1.29%), Vitamin E: 0.16mg (1.1%), Vitamin B5: 0.11mg (1.06%)