



Tropical Ambrosia Salad

 Gluten Free

READY IN



25 min.

SERVINGS



25

CALORIES



51 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 banana sliced
- 0.5 cup knudsen cream sour
- 1 cup baker's angel flake coconut toasted
- 2 cup marshmallows jet-puffed miniature
- 1 large navel oranges peeled

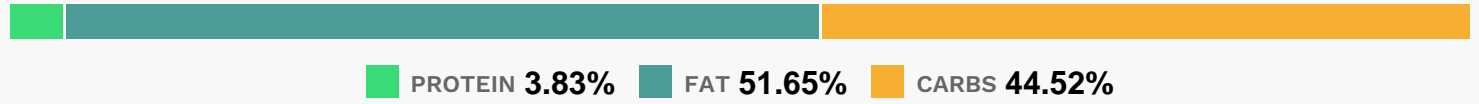
Equipment

- bowl

Directions

- Combine all ingredients except coconut in large bowl.
- Refrigerate 15 min.
- Stir in coconut just before serving.

Nutrition Facts



Properties

Glycemic Index:4.61, Glycemic Load:2.49, Inflammation Score:-1, Nutrition Score:1.2882608580201%

Flavonoids

Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg, Catechin: 0.29mg Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg, Hesperetin: 1.22mg Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg, Naringenin: 0.4mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 51.21kcal (2.56%), Fat: 3.12g (4.8%), Saturated Fat: 2.42g (15.12%), Carbohydrates: 6.05g (2.02%), Net Carbohydrates: 5.24g (1.91%), Sugar: 3.76g (4.18%), Cholesterol: 2.71mg (0.9%), Sodium: 5.99mg (0.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.52g (1.04%), Manganese: 0.11mg (5.43%), Vitamin C: 3.81mg (4.62%), Fiber: 0.8g (3.22%), Copper: 0.04mg (1.88%), Vitamin B6: 0.03mg (1.7%), Potassium: 50.61mg (1.45%), Magnesium: 5.49mg (1.37%), Phosphorus: 13.15mg (1.31%), Selenium: 0.91µg (1.31%), Vitamin B2: 0.02mg (1.03%)