



Unflaky Ambrosia

 **Gluten Free**

READY IN



75 min.

SERVINGS



6

CALORIES



212 kcal

SIDE DISH

Ingredients

- 11 ounce mandarin orange segments drained canned
- 8 ounce pineapple crushed drained canned
- 0.3 teaspoon coconut extract
- 15 ounce fruit cocktail drained canned
- 1 cup marshmallows miniature
- 0.5 cup heavy whipping cream sour
- 0.5 cup walnuts chopped

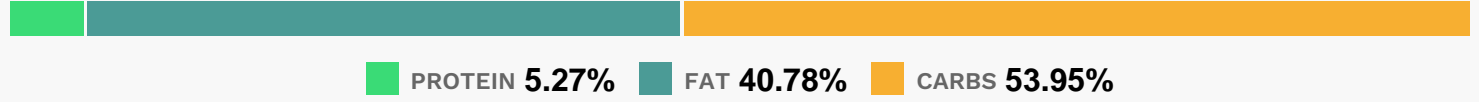
Equipment

bowl

Directions

Mix fruit cocktail, mandarin oranges, pineapple, marshmallows, walnuts, sour cream, and coconut extract in a bowl. Cover bowl and refrigerate for at least 1 hour. Stir and serve.

Nutrition Facts



Properties

Glycemic Index:22.58, Glycemic Load:9.66, Inflammation Score:-7, Nutrition Score:7.3656520973081%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg

Nutrients (% of daily need)

Calories: 211.63kcal (10.58%), Fat: 10.2g (15.7%), Saturated Fat: 2.55g (15.94%), Carbohydrates: 30.38g (10.13%), Net Carbohydrates: 27.89g (10.14%), Sugar: 25.28g (28.09%), Cholesterol: 11.31mg (3.77%), Sodium: 20.05mg (0.87%), Alcohol: 0.07g (100%), Alcohol %: 0.05% (100%), Protein: 2.97g (5.93%), Vitamin C: 22.82mg (27.66%), Manganese: 0.44mg (22.01%), Vitamin A: 969.58IU (19.39%), Copper: 0.28mg (13.9%), Fiber: 2.49g (9.94%), Vitamin B1: 0.13mg (8.95%), Magnesium: 32.44mg (8.11%), Vitamin B6: 0.15mg (7.37%), Potassium: 248.31mg (7.09%), Phosphorus: 65.14mg (6.51%), Vitamin B2: 0.08mg (4.98%), Zinc: 0.75mg (4.97%), Calcium: 45.72mg (4.57%), Folate: 17.4µg (4.35%), Iron: 0.77mg (4.27%), Vitamin E: 0.58mg (3.87%), Vitamin B3: 0.74mg (3.71%), Selenium: 2.04µg (2.92%), Vitamin K: 2.66µg (2.53%), Vitamin B5: 0.16mg (1.64%)