

# Ambrosia Salad

LAUREN TURNER, Personal Lines Department

- 1 cup drained crushed pineapple
- 1 cup drained mandarin oranges
- 1 cup coconut
- 1 cup mini marshmallows
- 1 cup sour cream

## DIRECTIONS

Mix all ingredients together in a large bowl and chill.



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<b>Nutrition Facts</b> Per Serving		<b>Servings:</b> 8
<b>Calories:</b>	153.2	<b>Sodium:</b> 24.4 mg
<b>Total Fat:</b>	9.4 g	<b>Potassium:</b> 133.3 mg
Saturated:	6.7 g	<b>Total Carbs:</b> 16.7 g
Polyunsaturated:	0.3 g	Dietary Fiber: 1.4 g
Monosaturated:	1.9 g	Sugars: 12.5 g
<b>Cholesterol:</b>	12.7 mg	<b>Protein:</b> 1.8 g