

# Ambrosia Salad

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/lazy-days-ambrosia-recipes>

## Ingredients:

- 8 ounces cool whip
- 1/2 cup sour cream
- 2 cups marshmallows Fruit-flavored
- 1 cup shredded coconut sweetened
- 20 ounces pineapple tidbits well-drained Note: you can substitute with crushed pineapple if needed
- 10 ounces maraschino cherries
- 11 ounces mandarin oranges
- 3/4 cup pecans finely chopped, optional

## Nutrition:

1. Calories: 930 calories
2. Carbohydrate: 146 grams
3. Cholesterol: 15 milligrams
4. Fat: 39 grams
5. Fiber: 10 grams
6. Protein: 9 grams
7. SaturatedFat: 17 grams
8. Sodium: 190 milligrams
9. Sugar: 116 grams

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