



Bing Cherry-Grapefruit Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



326 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce cherry gelatin
- ☐ 16.5 ounce bing cherries pitted undrained canned
- ☐ 26 ounce grapefruit sections unsweetened refrigerated undrained
- ☐ 1 cup pecans toasted chopped
- ☐ 0.3 cup cooking sherry dry white dry

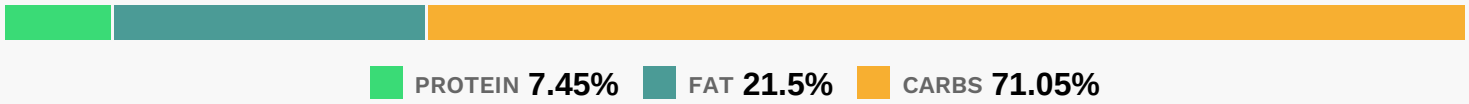
Equipment

- ☐ sauce pan

Directions

- ☐ Drain grapefruit and cherries, reserving juices.
- ☐ Bring reserved juices and sherry to a boil in a medium saucepan.
- ☐ Remove from heat; add gelatin, and stir 2 minutes or until gelatin dissolves.
- ☐ Chill 30 minutes or until consistency of unbeaten egg white; stir in grapefruit, cherries, and pecans.
- ☐ Pour into a 6 1/2-cup mold. Cover and chill 8 hours or until firm. Unmold onto a serving dish.
- ☐ *1 1/2 grapefruits, sectioned, and 1 1/3 cups fresh grapefruit juice (about 3 grapefruits) may be substituted.

Nutrition Facts



Properties

Glycemic Index:5, Glycemic Load:1.75, Inflammation Score:-9, Nutrition Score:8.5865217602771%

Flavonoids

Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg, Cyanidin: 1.17mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Naringenin: 24.09mg, Naringenin: 24.09mg, Naringenin: 24.09mg, Naringenin: 24.09mg Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg, Luteolin: 0.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg, Quercetin: 0.25mg

Nutrients (% of daily need)

Calories: 326.39kcal (16.32%), Fat: 7.95g (12.23%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 59.12g (19.71%), Net Carbohydrates: 52.5g (19.09%), Sugar: 44.44g (49.38%), Cholesterol: 0mg (0%), Sodium: 87.15mg (3.79%), Alcohol: 0.82g (100%), Alcohol %: 0.67% (100%), Protein: 6.2g (12.4%), Vitamin A: 2514.33IU (50.29%), Vitamin C: 23.12mg (28.02%), Fiber: 6.63g (26.51%), Manganese: 0.52mg (25.9%), Copper: 0.17mg (8.74%), Vitamin B1: 0.1mg (6.97%), Phosphorus: 68.88mg (6.89%), Calcium: 67.18mg (6.72%), Iron: 1.14mg (6.31%), Magnesium: 20.96mg (5.24%), Potassium: 151.07mg (4.32%), Zinc: 0.56mg (3.71%), Vitamin B6: 0.07mg (3.31%), Folate: 12.57µg (3.14%),

Vitamin B5: 0.29mg (2.93%), Vitamin B2: 0.05mg (2.66%), Selenium: 1.64µg (2.34%), Vitamin E: 0.25mg (1.66%),
Vitamin B3: 0.29mg (1.44%)