

# Cherry Cola Salad

 **Gluten Free**  **Dairy Free**

READY IN



**10 min.**

SERVINGS



**10**

CALORIES



**156 kcal**

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 6 ounces cherry gelatin
- 21 ounces cherry pie filling canned
- 1.5 cups coca-cola
- 1.5 cups water boiling
- 10 servings non-dairy whipped topping

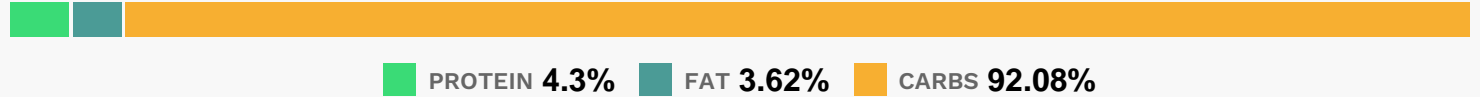
## Equipment

- baking pan

## Directions

- Dissolve gelatin in water.
- Add cola and pie filling; mix well.
- Pour into an 8-in. square baking dish. Refrigerate until firm.
- Garnish with whipped topping if desired.

## Nutrition Facts



## Properties

Glycemic Index:6.3, Glycemic Load:2.13, Inflammation Score:-1, Nutrition Score:1.2543478264757%

## Nutrients (% of daily need)

Calories: 156.45kcal (7.82%), Fat: 0.64g (0.98%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 36.51g (12.17%), Net Carbohydrates: 36.15g (13.15%), Sugar: 18.87g (20.97%), Cholesterol: 0.09mg (0.03%), Sodium: 96.41mg (4.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.71g (3.41%), Phosphorus: 39.78mg (3.98%), Copper: 0.07mg (3.71%), Vitamin C: 2.14mg (2.6%), Vitamin A: 125.37IU (2.51%), Selenium: 1.52µg (2.17%), Potassium: 68.95mg (1.97%), Fiber: 0.36g (1.43%), Magnesium: 5.18mg (1.29%), Vitamin B2: 0.02mg (1.21%), Calcium: 12.03mg (1.2%), Iron: 0.21mg (1.16%), Vitamin B6: 0.02mg (1.15%), Vitamin B1: 0.02mg (1.09%), Manganese: 0.02mg (1.02%)