



Christmas Ribbon Salad

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



245 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce cherry-flavored gelatin
- ☐ 8 ounce cream cheese softened
- ☐ 1 envelope gelatin powder unflavored
- ☐ 0.3 cup juice of lemon
- ☐ 0.5 cup pecans toasted chopped
- ☐ 0.5 cup red wine sweet
- ☐ 0.3 cup sugar
- ☐ 32 ounce cherries dark sweet pitted canned

- ☐ 2 cups water boiling
- ☐ 12 servings garnishes: whipped cream fresh

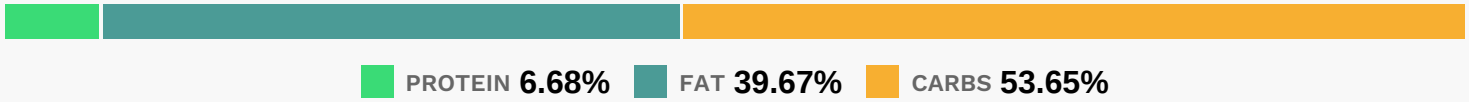
Equipment

- ☐ kugelhopf pan

Directions

- ☐ Drain cherries, reserving 1 cup juice. Chop cherries.
- ☐ Stir together gelatins and 2 cups boiling water until dissolved. Stir in reserved juice, sugar, port, and lemon juice. Stir in cherries.
- ☐ Pour half of gelatin mixture into a lightly greased 10-cup ring mold or Bundt cake pan. Chill 2 hours or until almost set.
- ☐ Stir together remaining gelatin mixture, cream cheese, and pecans, blending well.
- ☐ Pour over slightly set gelatin mixture in mold. Chill 6 hours or until firm.
- ☐ Garnish, if desired.

Nutrition Facts



Properties

Glycemic Index:16.59, Glycemic Load:6.94, Inflammation Score:-4, Nutrition Score:4.3473913423393%

Flavonoids

Cyanidin: 23.3mg, Cyanidin: 23.3mg, Cyanidin: 23.3mg, Cyanidin: 23.3mg Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg, Petunidin: 0.2mg Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg, Delphinidin: 0.5mg Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg, Malvidin: 1.38mg Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg, Pelargonidin: 0.2mg Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg, Peonidin: 1.26mg Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg, Catechin: 4.31mg Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg, Epigallocatechin: 0.5mg Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg, Epicatechin: 4.19mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.85mg, Quercetin: 1.85mg, Quercetin: 1.85mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 244.67kcal (12.23%), Fat: 10.99g (16.9%), Saturated Fat: 4.93g (30.84%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 31.44g (11.43%), Sugar: 28.96g (32.18%), Cholesterol: 23.65mg (7.88%), Sodium: 129.5mg (5.63%), Alcohol: 1.06g (100%), Alcohol %: 0.75% (100%), Protein: 4.16g (8.33%), Manganese: 0.26mg (12.84%), Vitamin C: 7.3mg (8.85%), Fiber: 2g (8%), Phosphorus: 75.79mg (7.58%), Vitamin A: 346.12IU (6.92%), Copper: 0.14mg (6.84%), Potassium: 237.64mg (6.79%), Vitamin B2: 0.09mg (5.28%), Magnesium: 17.98mg (4.49%), Selenium: 3.1µg (4.44%), Calcium: 40.2mg (4.02%), Vitamin B1: 0.06mg (3.77%), Vitamin B6: 0.07mg (3.35%), Vitamin B5: 0.32mg (3.24%), Iron: 0.48mg (2.66%), Zinc: 0.38mg (2.53%), Vitamin K: 2.28µg (2.17%), Vitamin E: 0.32mg (2.13%), Folate: 7.53µg (1.88%), Vitamin B3: 0.21mg (1.07%)