



## Classic Cranberry Mold



Gluten Free



Dairy Free

READY IN



410 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

### Ingredients

- ☐ 2 cups water
- ☐ 0.8 cup sugar
- ☐ 3 cups cranberries fresh
- ☐ 1 package raspberry gelatin (6-serving size)
- ☐ 8 ounces pineapple crushed undrained canned
- ☐ 0.5 cup celery chopped
- ☐ 0.5 cup walnut pieces chopped
- ☐ 1 serving the salad

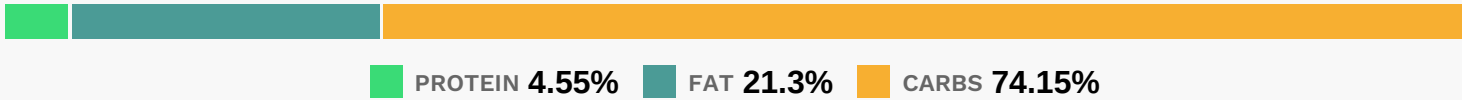
# Equipment

- ☐ sauce pan

# Directions

- ☐ Heat water and sugar to boiling in 2-quart saucepan, stirring occasionally; boil 1 minute. Stir in cranberries.
- ☐ Heat to boiling; boil 5 minutes, stirring occasionally. Stir in gelatin until dissolved. Stir in pineapple, celery and walnuts.
- ☐ Pour into ungreased 6-cup mold, 8 individual molds or stemmed goblets. Cover and refrigerate at least 6 hours until firm. Unmold onto salad greens.
- ☐ Garnish with celery leaves and additional cranberries, if desired.

# Nutrition Facts



# Properties

Glycemic Index:20.89, Glycemic Load:14.64, Inflammation Score:-3, Nutrition Score:4.3443478397701%

# Flavonoids

Cyanidin: 17.61mg, Cyanidin: 17.61mg, Cyanidin: 17.61mg, Cyanidin: 17.61mg Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg, Delphinidin: 2.88mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg, Peonidin: 18.43mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg, Epicatechin: 1.64mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg, Myricetin: 2.49mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

# Nutrients (% of daily need)

Calories: 196.44kcal (9.82%), Fat: 4.92g (7.57%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 38.55g (12.85%), Net Carbohydrates: 36.24g (13.18%), Sugar: 33.77g (37.53%), Cholesterol: 0mg (0%), Sodium: 60.19mg (2.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.36g (4.73%), Manganese: 0.4mg (20.02%), Vitamin C: 9.37mg

(11.35%), Copper: 0.2mg (9.78%), Fiber: 2.31g (9.24%), Magnesium: 20.1mg (5.03%), Phosphorus: 49.86mg (4.99%), Vitamin B6: 0.09mg (4.53%), Vitamin B1: 0.06mg (4.1%), Vitamin K: 4.12µg (3.92%), Vitamin E: 0.57mg (3.79%), Potassium: 123.53mg (3.53%), Folate: 13.4µg (3.35%), Iron: 0.45mg (2.48%), Vitamin A: 123.28IU (2.47%), Vitamin B2: 0.04mg (2.26%), Zinc: 0.32mg (2.1%), Calcium: 20.16mg (2.02%), Selenium: 1.38µg (1.97%), Vitamin B5: 0.18mg (1.75%), Vitamin B3: 0.25mg (1.24%)