



## Congeaed Cherry Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 11 ounce mandarin orange segents undrained canned
- ☐ 8 ounce pineapple crushed undrained canned
- ☐ 6 ounce cherry-flavored gelatin
- ☐ 10 servings lettuce leaves
- ☐ 0.5 cup pecans chopped
- ☐ 16 ounce cherries dark sweet pitted undrained canned
- ☐ 1 cup water cold

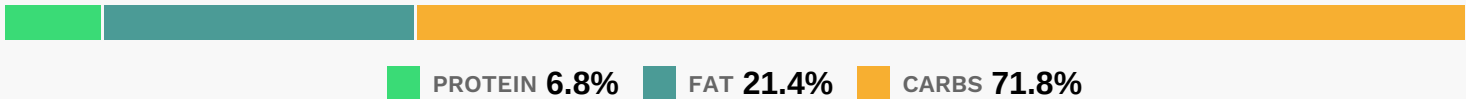
## Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ knife
- ☐ kitchen towels

## Directions

- ☐ Drain all fruit into a bowl; stir well. Reserve 1 1/2 cups fruit juice mixture; set fruit aside. Bring reserved juice mixture to a boil in a saucepan.
- ☐ Add gelatin and cook, stirring constantly, 2 minutes or until gelatin dissolves.
- ☐ Remove from heat. Stir in cold water. Chill until the consistency of unbeaten egg white.
- ☐ Fold in fruit and pecans.
- ☐ Pour mixture into a lightly oiled 6-cup mold. Cover and chill until firm. Unmold onto a lettuce-lined serving plate.
- ☐ Garnish, if desired.
- ☐ Note: To unmold with ease, run a knife around edge of mold to break the suction. Gently pull salad away from sides of mold using fingers. Wrap mold in a damp, warm dish towel.
- ☐ Place a serving platter on top of mold and invert.
- ☐ Remove mold.

## Nutrition Facts



## Properties

Glycemic Index:3.2, Glycemic Load:1.41, Inflammation Score:-9, Nutrition Score:7.0256522064624%

## Flavonoids

Cyanidin: 14.29mg, Cyanidin: 14.29mg, Cyanidin: 14.29mg, Cyanidin: 14.29mg Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg, Delphinidin: 0.4mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 0.68mg, Peonidin: 0.68mg, Peonidin: 0.68mg, Peonidin: 0.68mg Catechin: 2.37mg, Catechin: 2.37mg, Catechin: 2.37mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg, Epicatechin: 2.31mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg

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Nutrients (% of daily need)

Calories: 160.1kcal (8.01%), Fat: 4.05g (6.23%), Saturated Fat: 0.36g (2.23%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 28.21g (10.26%), Sugar: 26.7g (29.67%), Cholesterol: 0mg (0%), Sodium: 88.95mg (3.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.9g (5.79%), Vitamin A: 2229.52IU (44.59%), Vitamin C: 20.26mg (24.56%), Manganese: 0.35mg (17.54%), Fiber: 2.38g (9.54%), Vitamin B1: 0.12mg (8.22%), Copper: 0.15mg (7.68%), Potassium: 241.33mg (6.9%), Phosphorus: 60.58mg (6.06%), Magnesium: 22.11mg (5.53%), Vitamin B6: 0.09mg (4.41%), Vitamin B2: 0.07mg (3.97%), Folate: 15.34µg (3.83%), Iron: 0.69mg (3.82%), Zinc: 0.52mg (3.46%), Calcium: 26.94mg (2.69%), Selenium: 1.71µg (2.44%), Vitamin B3: 0.43mg (2.17%), Vitamin E: 0.23mg (1.54%), Vitamin B5: 0.14mg (1.4%), Vitamin K: 1.3µg (1.24%)