



Cranberry Apple Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 apples diced cored peeled



1 stalk celery diced



1.5 cups cranberries pureed



6 ounce fruit jell-o® mix flavored



1 teaspoon juice of lemon



0.5 cup pineapple crushed drained



0.8 cup pineapple juice unsweetened



0.3 cup water

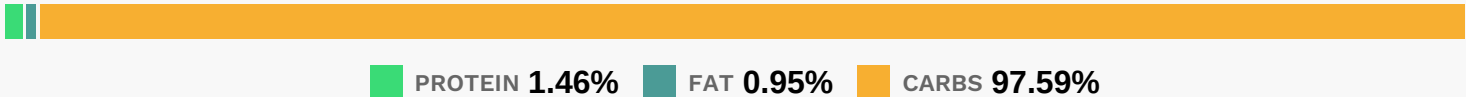
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a saucepan, dissolve gelatin and hot water.
- ☐ Add lemon juice, pineapple juice and 1/4 cup water.
- ☐ In a medium bowl, combine the cranberries, crushed pineapple, celery and apple. Stir into gelatin mixture and pour into a mold. Chill until firm.

Nutrition Facts



Properties

Glycemic Index:19.38, Glycemic Load:2.85, Inflammation Score:-2, Nutrition Score:2.7052173776471%

Flavonoids

Cyanidin: 9.06mg, Cyanidin: 9.06mg, Cyanidin: 9.06mg, Cyanidin: 9.06mg Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg, Delphinidin: 1.44mg Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg, Malvidin: 0.08mg Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg, Pelargonidin: 0.06mg Peonidin: 9.22mg, Peonidin: 9.22mg, Peonidin: 9.22mg, Peonidin: 9.22mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg, Epicatechin: 2.53mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg, Myricetin: 1.24mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

Nutrients (% of daily need)

Calories: 105.89kcal (5.29%), Fat: 0.12g (0.18%), Saturated Fat: 0.01g (0.08%), Carbohydrates: 26.65g (8.88%), Net Carbohydrates: 24.2g (8.8%), Sugar: 17.75g (19.72%), Cholesterol: 0mg (0%), Sodium: 17.9mg (0.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.4g (0.8%), Vitamin C: 8.18mg (9.92%), Fiber: 2.45g (9.81%), Manganese:

0.19mg (9.61%), Calcium: 38.65mg (3.86%), Iron: 0.68mg (3.8%), Vitamin K: 3.07µg (2.93%), Potassium: 100.08mg (2.86%), Vitamin B6: 0.06mg (2.86%), Copper: 0.05mg (2.54%), Vitamin B1: 0.04mg (2.35%), Vitamin E: 0.31mg (2.07%), Magnesium: 7.8mg (1.95%), Folate: 7.52µg (1.88%), Vitamin A: 70.68IU (1.41%), Vitamin B2: 0.02mg (1.2%)