



Cranberry-Black Cherry Gelatin Salad

 Gluten Free

READY IN



100 min.

SERVINGS



10

CALORIES



238 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounce cup heavy whipping cream sour room temperature
- 1 cup walnuts chopped
- 2 cups water hot
- 16 ounce cranberry sauce whole canned
- 6 ounce jell-o® mix black cherry flavored
- 6 ounce jell-o® mix black cherry flavored

Equipment

Directions

- Combine gelatin mix and hot water until the gelatin dissolves. Stir in the can of cranberries and mix well.
- Add the room temperature sour cream and stir to combine.
- Place gelatin mixture in the refrigerator until almost set. Stir in the walnuts and return to the refrigerator until the mixture is completely set.

Nutrition Facts

 **PROTEIN 5.27%**  **FAT 59.45%**  **CARBS 35.28%**

Properties

Glycemic Index:2, Glycemic Load:0.16, Inflammation Score:-3, Nutrition Score:4.6452174083046%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 238.45kcal (11.92%), Fat: 16.5g (25.38%), Saturated Fat: 5.3g (33.14%), Carbohydrates: 22.03g (7.34%), Net Carbohydrates: 20.75g (7.54%), Sugar: 16.28g (18.08%), Cholesterol: 26.76mg (8.92%), Sodium: 18.93mg (0.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.59%), Manganese: 0.43mg (21.58%), Copper: 0.21mg (10.68%), Phosphorus: 76.77mg (7.68%), Magnesium: 24.4mg (6.1%), Vitamin B2: 0.1mg (6.08%), Vitamin A: 303.98IU (6.08%), Calcium: 60.06mg (6.01%), Fiber: 1.28g (5.13%), Vitamin E: 0.68mg (4.51%), Vitamin B6: 0.09mg (4.39%), Vitamin B1: 0.06mg (3.72%), Folate: 14.64µg (3.66%), Zinc: 0.53mg (3.53%), Selenium: 2.43µg (3.48%), Potassium: 121mg (3.46%), Iron: 0.56mg (3.1%), Vitamin B5: 0.22mg (2.19%), Vitamin B12: 0.1µg (1.59%), Vitamin K: 1.63µg (1.55%), Vitamin C: 1.01mg (1.23%), Vitamin B3: 0.22mg (1.09%)