



Cranberry Congealed Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



274 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce pineapple crushed undrained canned
- ☐ 1 cup celery diced
- ☐ 12 ounce cranberries fresh
- ☐ 2 cups 1/4 cup dried cranberry (juice sweetened if possible) chilled
- ☐ 12 servings lettuce leaves
- ☐ 12 servings mint sprigs fresh
- ☐ 12 servings pickled peaches
- ☐ 0.7 cup pecans toasted chopped

- ☐ 12 servings garnish: pecans toasted chopped
- ☐ 9 ounce raspberry-flavored gelatin
- ☐ 0.5 cup sugar
- ☐ 2 cups water boiling

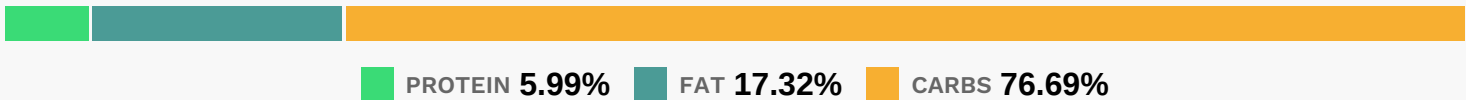
Equipment

- ☐ food processor
- ☐ bowl
- ☐ hand mixer
- ☐ kugelhopf pan

Directions

- ☐ Process cranberries in a food processor 30 seconds or until coarsely chopped, stopping once to scrape down sides.
- ☐ Stir together cranberries and sugar in a bowl; set aside.
- ☐ Stir together gelatin and 2 cups boiling water in a large bowl 2 minutes or until gelatin dissolves.
- ☐ Add juice, and chill 30 minutes or until consistency of unbeaten egg whites.
- ☐ Stir in cranberry mixture, pineapple, celery, and pecans. Spoon mixture into a lightly greased 10-cup Bundt pan; cover and chill 8 hours or until firm.
- ☐ Unmold onto a lettuce-lined platter. Fill center of ring with pickled peaches and fresh mint sprigs.
- ☐ Garnish, if desired.
- ☐ Frosted Cranberry Congealed Salad Parfaits: Beat 8 ounces softened cream cheese at medium speed with an electric mixer until fluffy. Fold in 8 ounces frozen whipped topping, thawed.
- ☐ Layer parfait glasses evenly with leftover salad and cream cheese mixture.

Nutrition Facts



Properties

Glycemic Index:21.95, Glycemic Load:15.01, Inflammation Score:-9, Nutrition Score:11.102173939995%

Flavonoids

Cyanidin: 16.8mg, Cyanidin: 16.8mg, Cyanidin: 16.8mg, Cyanidin: 16.8mg Delphinidin: 2.69mg, Delphinidin: 2.69mg, Delphinidin: 2.69mg, Delphinidin: 2.69mg Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg, Malvidin: 0.12mg Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg, Pelargonidin: 0.09mg Peonidin: 13.94mg, Peonidin: 13.94mg, Peonidin: 13.94mg Catechin: 8mg, Catechin: 8mg, Catechin: 8mg, Catechin: 8mg Epigallocatechin: 2.17mg, Epigallocatechin: 2.17mg, Epigallocatechin: 2.17mg, Epigallocatechin: 2.17mg Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg, Epicatechin: 4.81mg Epigallocatechin 3-gallate: 0.89mg, Epigallocatechin 3-gallate: 0.89mg, Epigallocatechin 3-gallate: 0.89mg, Epigallocatechin 3-gallate: 0.89mg Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg, Kaempferol: 0.38mg Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg, Myricetin: 1.88mg Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg, Quercetin: 5.23mg

Nutrients (% of daily need)

Calories: 274.1kcal (13.71%), Fat: 5.65g (8.69%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 56.28g (18.76%), Net Carbohydrates: 51.59g (18.76%), Sugar: 48.84g (54.26%), Cholesterol: 0mg (0%), Sodium: 136mg (5.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.79%), Vitamin A: 2395.62IU (47.91%), Manganese: 0.61mg (30.31%), Vitamin C: 20.79mg (25.2%), Fiber: 4.69g (18.76%), Copper: 0.3mg (14.96%), Vitamin E: 2.17mg (14.48%), Potassium: 366.3mg (10.47%), Vitamin K: 10.91µg (10.39%), Phosphorus: 102.16mg (10.22%), Vitamin B1: 0.14mg (9.08%), Magnesium: 33.27mg (8.32%), Vitamin B3: 1.55mg (7.77%), Selenium: 5.22µg (7.45%), Iron: 1.23mg (6.82%), Vitamin B6: 0.14mg (6.82%), Vitamin B2: 0.11mg (6.74%), Folate: 26.13µg (6.53%), Zinc: 0.83mg (5.52%), Vitamin B5: 0.4mg (4.01%), Calcium: 35.94mg (3.59%)