



Cranberry Congealed Salad

 Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



296 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup apples diced
- ☐ 3 ounce cherry-flavored gelatin
- ☐ 6 servings lettuce leaves
- ☐ 2 tablespoons mayonnaise
- ☐ 1 cranberry-orange relish drained chopped
- ☐ 0.5 cup pecans chopped
- ☐ 2 tablespoons cup heavy whipping cream sour
- ☐ 0.8 cup water boiling

☐

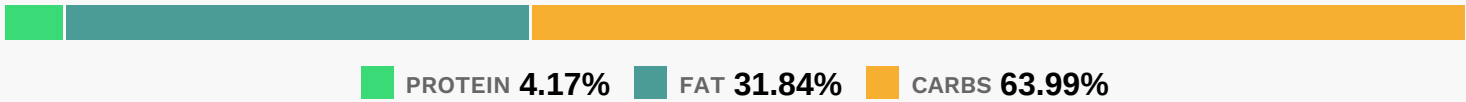
16 ounce whole-berry cranberry sauce canned

Equipment

Directions

- ☐
- Stir together gelatin and 3/4 cup boiling water until gelatin dissolves. Stir in cranberry sauce until blended. Chill until the consistency of unbeaten egg white. Fold in orange, apple, and pecans.
- ☐
- Spoon mixture into 6 lightly greased 2/3-cup molds or custard cups; cover and chill until firm.
- ☐
- Unmold onto lettuce leaves. Stir together sour cream and mayonnaise; dollop over each salad.
- ☐
- Note: Salad may be prepared in a 5-cup mold.

Nutrition Facts



Properties

Glycemic Index:22.42, Glycemic Load:1.3, Inflammation Score:-8, Nutrition Score:7.6513043037899%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg, Delphinidin: 0.68mg Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg, Pelargonidin: 0.02mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg, Epigallocatechin: 0.54mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg, Hesperetin: 5.95mg Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg, Naringenin: 3.34mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 2.07mg, Myricetin: 2.07mg, Myricetin: 2.07mg, Myricetin: 2.07mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 295.91kcal (14.8%), Fat: 10.96g (16.87%), Saturated Fat: 1.52g (9.52%), Carbohydrates: 49.58g (16.53%), Net Carbohydrates: 46.86g (17.04%), Sugar: 40.12g (44.58%), Cholesterol: 4.32mg (1.44%), Sodium: 109.01mg (4.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Vitamin A: 1896.5IU (37.93%), Manganese: 0.54mg (26.88%), Vitamin C: 17.31mg (20.98%), Fiber: 2.72g (10.87%), Vitamin K: 9.27µg (8.83%),

Copper: 0.16mg (8.22%), Vitamin B1: 0.12mg (7.85%), Vitamin E: 1.13mg (7.52%), Phosphorus: 63.35mg (6.34%),
Folate: 19.64µg (4.91%), Magnesium: 19.35mg (4.84%), Potassium: 162.56mg (4.64%), Iron: 0.82mg (4.56%), Vitamin
B2: 0.08mg (4.5%), Vitamin B6: 0.07mg (3.66%), Zinc: 0.53mg (3.51%), Calcium: 32.35mg (3.24%), Selenium: 2.11µg
(3.01%), Vitamin B3: 0.35mg (1.77%), Vitamin B5: 0.16mg (1.63%)