

Cranberry Delight

 **Gluten Free**

READY IN



20 min.

SERVINGS



12

CALORIES



261 kcal

SIDE DISH

Ingredients

- 20 pineapple crushed drained canned
- 0.5 teaspoon nutmeg
- 3 tablespoons juice of lemon
- 1 teaspoon lemon zest grated
- 0.5 cup pecans chopped
- 16 ounces cream sour
- 12 servings strawberries fresh
- 6 ounces strawberry gelatin

- 1 cup water
- 14 ounces roasted cranberry sauce canned

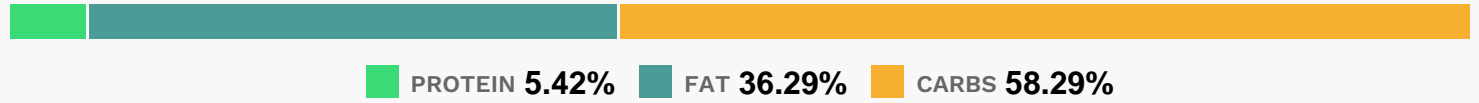
Equipment

- sauce pan

Directions

- Combine pineapple juice and water in a 2-qt. saucepan; heat to boiling.
- Remove from heat; add gelatin and stir until it dissolves. Stir in cranberry sauce, lemon juice, peel and nutmeg. Chill until mixture thickens slightly.
- Add sour cream; stir until thoroughly combined. Fold in pineapple and pecans.
- Pour into an 8-cup mold; chill until firm. Unmold onto a serving plate.
- Garnish with fresh strawberries if desired.

Nutrition Facts



Properties

Glycemic Index:10, Glycemic Load:3.31, Inflammation Score:-6, Nutrition Score:11.287391284238%

Flavonoids

Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg, Cyanidin: 2.94mg Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg, Petunidin: 0.16mg Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg, Delphinidin: 0.78mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg, Pelargonidin: 35.79mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 4.81mg, Catechin: 4.81mg, Catechin: 4.81mg, Catechin: 4.81mg Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg, Epigallocatechin: 1.38mg Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg, Epicatechin: 0.64mg Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg, Epicatechin 3-gallate: 0.22mg Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg, Epigallocatechin 3-gallate: 0.26mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg, Kaempferol: 0.72mg Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg, Myricetin: 0.95mg

0.95mg, Myricetin: 0.95mg Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg, Quercetin: 2.41mg
Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg, Galocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 261.24kcal (13.06%), Fat: 11.13g (17.12%), Saturated Fat: 4.15g (25.91%), Carbohydrates: 40.22g (13.41%), Net
Carbohydrates: 36.47g (13.26%), Sugar: 31.59g (35.1%), Cholesterol: 22.3mg (7.43%), Sodium: 81.93mg (3.56%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.74g (7.47%), Vitamin C: 87.22mg (105.72%), Manganese:
0.79mg (39.43%), Fiber: 3.75g (14.99%), Folate: 39.5µg (9.88%), Phosphorus: 97.79mg (9.78%), Potassium:
302.93mg (8.66%), Copper: 0.16mg (8.11%), Magnesium: 29.79mg (7.45%), Vitamin B2: 0.11mg (6.76%), Calcium:
67.27mg (6.73%), Vitamin E: 0.94mg (6.26%), Vitamin A: 270.43IU (5.41%), Vitamin B1: 0.08mg (5.36%), Vitamin B6:
0.1mg (5.04%), Iron: 0.9mg (4.99%), Selenium: 3.24µg (4.63%), Vitamin K: 4.37µg (4.16%), Zinc: 0.55mg (3.67%),
Vitamin B5: 0.35mg (3.54%), Vitamin B3: 0.69mg (3.44%), Vitamin B12: 0.08µg (1.32%)