



Cranberry Fluff

 **Gluten Free**

READY IN



10 min.

SERVINGS



12

CALORIES



221 kcal

SIDE DISH

Ingredients

- 4 cups cranberries fresh
- 0.5 cup grapes green halved
- 1 cup heavy whipping cream
- 3 cups marshmallows miniature
- 0.5 cup nuts chopped
- 0.3 teaspoon salt
- 0.8 cup sugar
- 2 cups baking apples are apples that have a sweet-tart balance and hold their shape when diced unpeeled

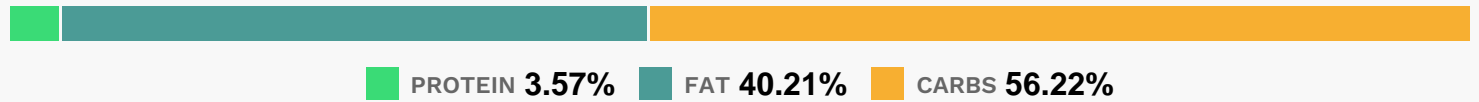
Equipment

- food processor
- bowl

Directions

- Place cranberries in a food processor; cover and process until finely chopped.
- Transfer to a large bowl; add marshmallows and sugar. Cover and refrigerate for 4 hours or overnight.
- Just before serving, stir in the apples, grapes, nuts and salt. Fold in whipped cream.

Nutrition Facts



Properties

Glycemic Index:23.6, Glycemic Load:17.68, Inflammation Score:-4, Nutrition Score:3.7886956204539%

Flavonoids

Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg, Cyanidin: 15.8mg Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg, Delphinidin: 2.56mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg, Peonidin: 16.39mg Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg, Catechin: 0.4mg Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg, Epigallocatechin: 0.3mg Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg, Epicatechin: 3.03mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg, Myricetin: 2.21mg Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg, Quercetin: 5.78mg

Nutrients (% of daily need)

Calories: 221.46kcal (11.07%), Fat: 10.4g (16%), Saturated Fat: 4.99g (31.22%), Carbohydrates: 32.71g (10.9%), Net Carbohydrates: 30.4g (11.06%), Sugar: 24.82g (27.58%), Cholesterol: 22.41mg (7.47%), Sodium: 65.65mg (2.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.08g (4.16%), Manganese: 0.25mg (12.49%), Fiber: 2.31g (9.24%), Vitamin C: 5.97mg (7.24%), Vitamin A: 327.85IU (6.56%), Copper: 0.12mg (6.21%), Magnesium: 18.62mg (4.66%), Phosphorus: 45.82mg (4.58%), Vitamin E: 0.67mg (4.48%), Vitamin B2: 0.07mg (4.02%), Vitamin K: 3.68µg (3.5%), Potassium: 116.52mg (3.33%), Vitamin B6: 0.06mg (2.9%), Vitamin B5: 0.24mg (2.38%), Calcium: 22.37mg

(2.24%), Iron: 0.4mg (2.23%), Zinc: 0.32mg (2.16%), Vitamin D: 0.32µg (2.12%), Vitamin B1: 0.03mg (1.86%), Vitamin B3: 0.37mg (1.84%), Selenium: 0.92µg (1.32%), Folate: 5µg (1.25%)