



Cranberry Gelatin Mold

 Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



304 kcal

SIDE DISH

Ingredients

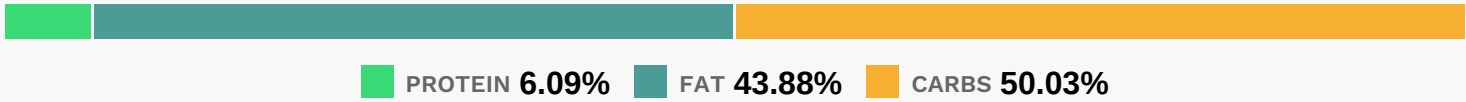
- ☐ 8 ounce pineapple crushed drained canned
- ☐ 8 ounces cream cheese softened
- ☐ 6 ounce lime jell-o® mix flavored
- ☐ 1 cup walnuts chopped
- ☐ 8 ounce non-dairy whipped topping frozen thawed
- ☐ 16 ounce cranberry sauce whole canned
- ☐ 6 ounce cranberry jell-o® mix flavored

Equipment

Directions

- ☐ Prepare cranberry gelatin according to directions.
- ☐ Pour into a 9x13 inch dish. Stir in cranberries. Refrigerate for at least 4 hours or until set.
- ☐ Prepare lime gelatin according to directions. Allow to cool slightly, and then blend in cream cheese.
- ☐ Mix in pineapple. Slowly layer over cranberry gelatin. Allow to set for at least 4 hours.
- ☐ Just before serving, spread on whipped topping and sprinkle with chopped walnuts.

Nutrition Facts



Properties

Glycemic Index:7.67, Glycemic Load:0.95, Inflammation Score:-3, Nutrition Score:5.054782603098%

Flavonoids

Cyanidin: 6.88mg, Cyanidin: 6.88mg, Cyanidin: 6.88mg, Cyanidin: 6.88mg Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg, Delphinidin: 1.09mg Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg, Malvidin: 0.06mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg, Peonidin: 6.97mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg, Epicatechin: 0.62mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg, Myricetin: 1.96mg Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg, Quercetin: 3.01mg

Nutrients (% of daily need)

Calories: 304.22kcal (15.21%), Fat: 15.43g (23.74%), Saturated Fat: 6.56g (40.98%), Carbohydrates: 39.58g (13.19%), Net Carbohydrates: 37.76g (13.73%), Sugar: 32.94g (36.6%), Cholesterol: 19.47mg (6.49%), Sodium: 141.56mg (6.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.82g (9.64%), Manganese: 0.41mg (20.51%), Copper: 0.22mg (10.75%), Phosphorus: 92.32mg (9.23%), Fiber: 1.83g (7.3%), Vitamin A: 303.59IU (6.07%), Magnesium: 23.15mg (5.79%), Vitamin E: 0.87mg (5.78%), Vitamin B2: 0.1mg (5.63%), Selenium: 3.75µg (5.35%), Vitamin C: 4.27mg (5.17%), Vitamin B6: 0.09mg (4.72%), Calcium: 47.02mg (4.7%), Vitamin B1: 0.07mg (4.56%), Potassium: 133.39mg (3.81%), Folate: 13.71µg (3.43%), Iron: 0.58mg (3.24%), Zinc: 0.46mg (3.06%), Vitamin K: 2.64µg (2.51%), Vitamin B5: 0.21mg (2.07%), Vitamin B12: 0.08µg (1.32%), Vitamin B3: 0.25mg (1.26%)