



Cranberry Gelatin Salad II

 Gluten Free

READY IN



45 min.

SERVINGS



16

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce pineapple with juice crushed canned
- 8 ounce cream cheese softened
- 6 ounce raspberry jell-o® mix flavored
- 2 tablespoons creamy salad dressing miracle whip® (such as)
- 1 baking apples are apples that have a sweet-tart balance and hold their shape when cored peeled chopped
- 0.5 cup walnuts chopped
- 8 ounce non-dairy whipped topping frozen thawed
- 16 ounce cranberry sauce whole canned

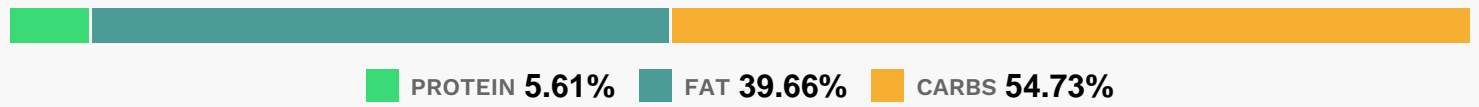
Equipment

- bowl
- sauce pan

Directions

- Drain pineapple, reserving syrup.
- Add enough water to the juice to make 2 cups liquid. In a saucepan over medium heat, combine the liquid with the gelatin; stir until dissolved.
- Remove from heat, and chill until partially set.
- Beat together the cream cheese and salad dressing; add to gelatin mixture and mix. Fold in whipped topping and mix well. Take out 1 1/2 cups of mixture, and reserve. To the remaining mixture add the pineapple, cranberries, nuts, and apples.
- Pour gelatin and fruit mixture into a large dish or bowl, and top with reserved mixture. Refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:4.94, Glycemic Load:0.68, Inflammation Score:-2, Nutrition Score:2.8239130611005%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg, Epicatechin: 0.86mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 209.48kcal (10.47%), Fat: 9.56g (14.71%), Saturated Fat: 4.75g (29.67%), Carbohydrates: 29.69g (9.9%), Net Carbohydrates: 28.68g (10.43%), Sugar: 25.53g (28.37%), Cholesterol: 14.6mg (4.87%), Sodium: 123.38mg (5.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.05g (6.09%), Manganese: 0.15mg (7.45%), Phosphorus: 56.94mg (5.69%), Copper: 0.1mg (5.03%), Vitamin A: 227.35IU (4.55%), Fiber: 1.01g (4.06%), Vitamin B2: 0.07mg (3.95%), Selenium: 2.66µg (3.79%), Vitamin E: 0.54mg (3.62%), Calcium: 31.74mg (3.17%), Magnesium: 11.61mg (2.9%), Vitamin C: 2.19mg (2.66%), Vitamin B1: 0.04mg (2.66%), Potassium: 89.05mg (2.54%), Vitamin B6: 0.05mg (2.54%), Vitamin K: 2.58µg (2.45%), Iron: 0.32mg (1.8%), Folate: 6.94µg (1.73%), Zinc: 0.23mg (1.52%), Vitamin B5: 0.11mg (1.1%)