



Cranberry Grape Salad

 **Gluten Free**

READY IN



80 min.

SERVINGS



8

CALORIES



505 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cranberries
- 8 ounce cream cheese softened
- 2.5 cups heavy cream
- 1 cup mandarin orange segments diced
- 8 ounce dole pineapple tidbits drained canned
- 1 cup grapes red seedless halved
- 1 cup walnuts finely chopped
- 2 tablespoons non-dairy whipped topping frozen thawed

1 tablespoon sugar white

Equipment

food processor

bowl

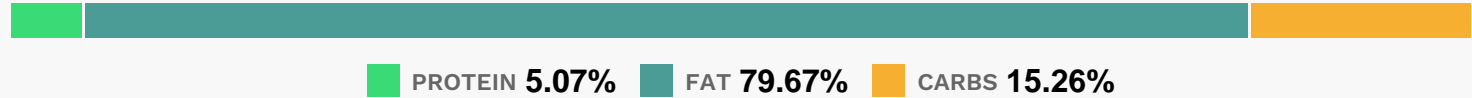
Directions

In a medium bowl, mix together cream cheese, thawed frozen whipped topping and walnuts.

Thoroughly blend cranberries in a food processor.

Mix cranberries into cream cheese mixture. Gently fold in sugar and heavy cream. Stir in mandarin oranges, pineapple chunks and grapes. Chill in the refrigerator approximately 1 hour before serving.

Nutrition Facts

 **PROTEIN 5.07%** **FAT 79.67%** **CARBS 15.26%**

Properties

Glycemic Index:31.26, Glycemic Load:4.82, Inflammation Score:-8, Nutrition Score:10.281304338704%

Flavonoids

Cyanidin: 6.2mg, Cyanidin: 6.2mg, Cyanidin: 6.2mg, Cyanidin: 6.2mg Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg, Delphinidin: 0.96mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg, Pelargonidin: 0.04mg Peonidin: 6.14mg, Peonidin: 6.14mg, Peonidin: 6.14mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg, Epicatechin: 0.55mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg, Hesperetin: 1.94mg Naringenin: 2.44mg, Naringenin: 2.44mg, Naringenin: 2.44mg, Naringenin: 2.44mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg, Quercetin: 1.86mg

Nutrients (% of daily need)

Calories: 504.74kcal (25.24%), Fat: 46.44g (71.45%), Saturated Fat: 23.88g (149.25%), Carbohydrates: 20.01g (6.67%), Net Carbohydrates: 17.6g (6.4%), Sugar: 15.47g (17.19%), Cholesterol: 112.7mg (37.57%), Sodium: 111.61mg

(4.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.3%), Vitamin A: 1677.93IU (33.56%), Manganese: 0.57mg (28.56%), Copper: 0.32mg (15.88%), Vitamin B2: 0.26mg (15.22%), Vitamin C: 12.16mg (14.74%), Phosphorus: 136.92mg (13.69%), Calcium: 108.18mg (10.82%), Magnesium: 40.19mg (10.05%), Fiber: 2.41g (9.63%), Vitamin B6: 0.18mg (9.22%), Vitamin E: 1.29mg (8.61%), Vitamin B1: 0.13mg (8.6%), Potassium: 295.41mg (8.44%), Selenium: 5.59µg (7.99%), Vitamin D: 1.19µg (7.93%), Vitamin K: 6.99µg (6.65%), Folate: 25.71µg (6.43%), Zinc: 0.84mg (5.62%), Vitamin B5: 0.53mg (5.34%), Iron: 0.75mg (4.14%), Vitamin B12: 0.18µg (3.06%), Vitamin B3: 0.46mg (2.29%)