



## Cranberry Jell-O® Salad with Walnuts

 Gluten Free  Dairy Free

READY IN



180 min.

SERVINGS



20

CALORIES



145 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 cup apples diced
- 6 ounce cherry-flavored gelatin mix (such as Jell-O®)
- 2 oranges peeled chopped
- 1 cup walnuts chopped
- 1.5 cups water boiling
- 29 ounce berry cranberry sauce whole canned

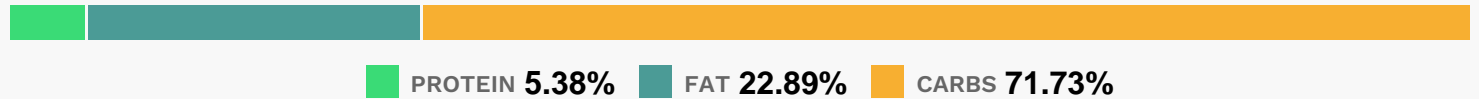
### Equipment

- bowl

# Directions

- Dissolve cherry gelatin mix in boiling water in a bowl; stir cranberry sauce and oranges into gelatin. Refrigerate until mixture is thickened to the consistency of egg whites, about 45 minutes.
- Mix apple and walnuts into gelatin, transfer to a serving dish or mold, and chill until firm, about 2 more hours.

# Nutrition Facts



# Properties

Glycemic Index:4.72, Glycemic Load:0.83, Inflammation Score:-2, Nutrition Score:2.7347826283911%

# Flavonoids

Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg, Cyanidin: 0.3mg 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: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg, Epicatechin: 0.47mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg, Hesperetin: 3.57mg Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg, Naringenin: 2.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

# Nutrients (% of daily need)

Calories: 145.43kcal (7.27%), Fat: 3.9g (6%), Saturated Fat: 0.37g (2.28%), Carbohydrates: 27.51g (9.17%), Net Carbohydrates: 26.21g (9.53%), Sugar: 22.42g (24.91%), Cholesterol: 0mg (0%), Sodium: 42.75mg (1.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.06g (4.12%), Manganese: 0.23mg (11.54%), Vitamin C: 7.74mg (9.39%), Copper: 0.12mg (6.21%), Fiber: 1.31g (5.23%), Phosphorus: 36.4mg (3.64%), Vitamin E: 0.46mg (3.05%), Magnesium: 12.04mg (3.01%), Folate: 10.52µg (2.63%), Vitamin B1: 0.04mg (2.59%), Vitamin B6: 0.05mg (2.38%), Iron: 0.37mg (2.06%), Potassium: 68.3mg (1.95%), Vitamin B2: 0.03mg (1.63%), Selenium: 1.09µg (1.55%), Zinc: 0.21mg (1.38%), Calcium: 13.37mg (1.34%), Vitamin A: 51.28IU (1.03%)