



Cranberry-Pineapple Gelatin Salad

 Gluten Free

READY IN



250 min.

SERVINGS



16

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup confectioners' sugar
- ☐ 8 ounce cream cheese
- ☐ 0.5 envelope gelatin powder unflavored
- ☐ 8 ounce pineapple packet in its own juice crushed canned
- ☐ 6 ounce raspberry gelatin
- ☐ 0.3 cup walnuts
- ☐ 0.3 cup walnuts finely chopped
- ☐ 0.5 cup water cold

- ☐ 1 cup water boiling
- ☐ 2 tablespoons whipped cream
- ☐ 15 ounce cranberry sauce whole canned

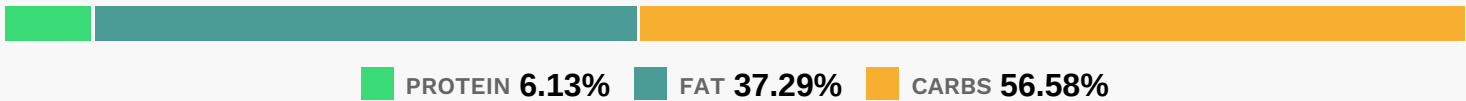
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ mixing bowl
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Spray a 4-cup gelatin mold or a 9-inch square pan with vegetable oil cooking spray. In a medium glass mixing bowl, combine the raspberry gelatin and unflavored gelatin.
- ☐ Add 1 cup boiling water and stir with a metal spoon continuously for 2 minutes, until the gelatin is completely dissolved. Stir in 1/2 cup cold water.
- ☐ Add the pineapple and juice, cranberry sauce, and walnuts. Stir with a metal spoon until all ingredients are completely incorporated.
- ☐ Pour the mixture into the prepared mold, cover with plastic wrap and refrigerate until firm.
- ☐ About 1 hour before serving, invert the mold onto a serving platter and allow to sit at room temperature; the salad will release itself and come clean from the mold.
- ☐ Combine cream cheese, powdered sugar, whipped cream and walnuts in bowl. Spoon into the center of the mold.

Nutrition Facts



Properties

Glycemic Index:10.5, Glycemic Load:1.13, Inflammation Score:-2, Nutrition Score:2.4569565165464%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.72mg, Myricetin: 0.72mg, Myricetin: 0.72mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 173.27kcal (8.66%), Fat: 7.44g (11.45%), Saturated Fat: 3.17g (19.8%), Carbohydrates: 25.41g (8.47%), Net Carbohydrates: 24.84g (9.03%), Sugar: 21.52g (23.91%), Cholesterol: 14.74mg (4.91%), Sodium: 97.36mg (4.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.75g (5.5%), Manganese: 0.22mg (10.76%), Copper: 0.1mg (4.92%), Phosphorus: 45.59mg (4.56%), Vitamin A: 206.82IU (4.14%), Selenium: 2.34µg (3.34%), Vitamin B2: 0.05mg (3.07%), Vitamin E: 0.4mg (2.67%), Magnesium: 9.83mg (2.46%), Vitamin B6: 0.05mg (2.29%), Fiber: 0.57g (2.26%), Calcium: 21.66mg (2.17%), Vitamin C: 1.73mg (2.1%), Folate: 8.08µg (2.02%), Vitamin B1: 0.03mg (1.9%), Potassium: 62.35mg (1.78%), Iron: 0.29mg (1.63%), Zinc: 0.21mg (1.42%), Vitamin B5: 0.11mg (1.13%)