



Cranberry Relish Salad

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce cherry-flavored gelatin
- ☐ 12 ounce cranberries fresh frozen thawed
- ☐ 3 oranges peeled
- ☐ 1 cup pecans toasted
- ☐ 8.3 ounce pineapple in heavy syrup crushed undrained canned
- ☐ 3 delicious apples red peeled quartered
- ☐ 1 cup sugar
- ☐ 1 cup water cold

- ☐ 2 cups water boiling
- ☐ 10 servings toppings: whipped cream sweetened toasted chopped

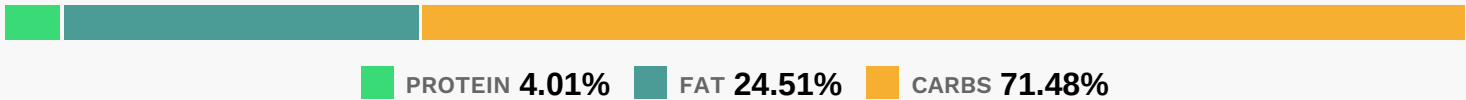
Equipment

- ☐ food processor
- ☐ bowl
- ☐ mixing bowl

Directions

- ☐ Stir together gelatin, 2 cups boiling water, and 1 cup sugar in a large bowl 2 minutes or until gelatin and sugar dissolve.
- ☐ Add 1 cup cold water, and chill 30 minutes or until consistency of unbeaten egg white.
- ☐ Process cranberries and pecans in a food processor 30 seconds or until coarsely chopped, stopping to scrape down sides.
- ☐ Place in a mixing bowl.
- ☐ Process apples and oranges in a food processor 30 to 45 seconds or until coarsely chopped, stopping to scrape down sides.
- ☐ Add to cranberry mixture in bowl. Stir in pineapple.
- ☐ Stir fruit mixture into chilled gelatin mixture. Spoon into a lightly greased 10- to 12-cup bowl; cover and chill 8 hours or until firm. Invert onto a serving plate, and serve with desired toppings.

Nutrition Facts



Properties

Glycemic Index:25.46, Glycemic Load:19.26, Inflammation Score:-5, Nutrition Score:7.535652142504%

Flavonoids

Cyanidin: 17.72mg, Cyanidin: 17.72mg, Cyanidin: 17.72mg, Cyanidin: 17.72mg Delphinidin: 3.33mg, Delphinidin: 3.33mg, Delphinidin: 3.33mg, Delphinidin: 3.33mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.73mg,

Peonidin: 16.73mg, Peonidin: 16.73mg, Peonidin: 16.73mg Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg, Catechin: 1.56mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg, Epicatechin: 5.68mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.66mg, Epigallocatechin 3–gallate: 0.66mg, Epigallocatechin 3–gallate: 0.66mg, Epigallocatechin 3–gallate: 0.66mg Hesperetin: 10.71mg, Hesperetin: 10.71mg, Hesperetin: 10.71mg, Hesperetin: 10.71mg Naringenin: 6.02mg, Naringenin: 6.02mg, Naringenin: 6.02mg, Naringenin: 6.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg, Quercetin: 7.41mg

Nutrients (% of daily need)

Calories: 302.18kcal (15.11%), Fat: 8.74g (13.44%), Saturated Fat: 1.47g (9.17%), Carbohydrates: 57.33g (19.11%), Net Carbohydrates: 52.6g (19.13%), Sugar: 49.61g (55.12%), Cholesterol: 4.56mg (1.52%), Sodium: 84.95mg (3.69%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.21g (6.43%), Vitamin C: 30.49mg (36.96%), Manganese: 0.6mg (29.98%), Fiber: 4.73g (18.93%), Copper: 0.23mg (11.44%), Vitamin B1: 0.14mg (9.3%), Phosphorus: 73.63mg (7.36%), Potassium: 236.77mg (6.76%), Magnesium: 25.9mg (6.47%), Vitamin E: 0.8mg (5.33%), Vitamin B6: 0.11mg (5.32%), Folate: 17.81µg (4.45%), Calcium: 41.29mg (4.13%), Vitamin B2: 0.07mg (4.07%), Vitamin A: 196.66IU (3.93%), Zinc: 0.58mg (3.9%), Vitamin B5: 0.34mg (3.38%), Vitamin K: 3.53µg (3.36%), Iron: 0.53mg (2.97%), Selenium: 2.04µg (2.92%), Vitamin B3: 0.38mg (1.91%)