



Cranberry Salad

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce pineapple crushed undrained canned
- ☐ 2 large rib celery diced
- ☐ 12 ounce cranberries fresh
- ☐ 1 envelope gelatin powder unflavored
- ☐ 1 medium apples i use 2 granny smith apples diced
- ☐ 15 ounce mandarin oranges undrained canned
- ☐ 1 cup marshmallows miniature
- ☐ 0.5 cup pecans toasted finely chopped

- ☐ 3 ounce raspberry gelatin
- ☐ 1 cup sugar
- ☐ 0.5 cup water cold

Equipment

- ☐ food processor
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Process cranberries and sugar in a food processor until cranberries are coarsely chopped.
- ☐ Add pineapple, and pulse 3 times.
- ☐ Sprinkle raspberry gelatin and unflavored gelatin over 1/2 cup cold water in a large saucepan; stir and let stand 1 minute.
- ☐ Cook over low heat, stirring until gelatin dissolves (about 2 minutes). Stir in cranberry mixture, oranges, and next 3 ingredients. Cool to room temperature. Stir in marshmallows, and pour into a 13- x 9-inch pan. Chill 8 hours.

Nutrition Facts



Properties

Glycemic Index:31.2, Glycemic Load:22.99, Inflammation Score:-6, Nutrition Score:6.852608623712%

Flavonoids

Cyanidin: 20.83mg, Cyanidin: 20.83mg, Cyanidin: 20.83mg, Cyanidin: 20.83mg Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg, Delphinidin: 3.76mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.91mg, Peonidin: 20.91mg, Peonidin: 20.91mg, Peonidin: 20.91mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg, Epigallocatechin: 0.76mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg, Quercetin: 7.22mg

Nutrients (% of daily need)

Calories: 275.27kcal (13.76%), Fat: 5.15g (7.92%), Saturated Fat: 0.44g (2.75%), Carbohydrates: 58.21g (19.4%), Net Carbohydrates: 54.46g (19.81%), Sugar: 50.58g (56.2%), Cholesterol: 0mg (0%), Sodium: 61.46mg (2.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.12g (6.23%), Vitamin C: 27.77mg (33.66%), Manganese: 0.47mg (23.57%), Vitamin A: 754.31IU (15.09%), Fiber: 3.75g (14.99%), Copper: 0.21mg (10.28%), Vitamin B1: 0.13mg (8.69%), Magnesium: 22.74mg (5.68%), Potassium: 196.08mg (5.6%), Vitamin E: 0.78mg (5.22%), Phosphorus: 49.77mg (4.98%), Vitamin B6: 0.09mg (4.63%), Zinc: 0.68mg (4.5%), Vitamin B2: 0.06mg (3.35%), Iron: 0.57mg (3.17%), Vitamin K: 3.14µg (2.99%), Selenium: 1.94µg (2.78%), Vitamin B3: 0.47mg (2.34%), Calcium: 22.23mg (2.22%), Vitamin B5: 0.2mg (2.02%), Folate: 7.42µg (1.85%)