



food
network

Cranberry Salad



Gluten Free



Dairy Free

READY IN



258 min.

SERVINGS



8

CALORIES



265 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 4 ounce pineapple crushed canned
- ☐ 3 ounce cherry gelatin black
- ☐ 6 ounces cranberries dried rinsed
- ☐ 8 servings parsley for garnish
- ☐ 1 cup broken pecans
- ☐ 0.5 cup sugar
- ☐ 8 servings whipped cream sour for garnish

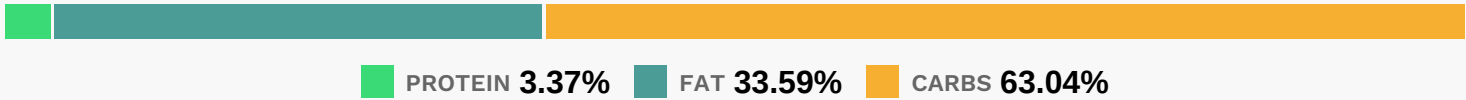
Equipment

- ☐ bowl
- ☐ knife

Directions

- ☐ Drain pineapple and reserve juice.
- ☐ Add juice to 1/2 cup hot water and heat to boiling. Soften gelatin in 1/4 cup cold water. Dissolve softened gelatin in hot water-juice mixture.
- ☐ Let cool until it starts to set; don't let the gelatin harden. Put cranberries through a grinder.
- ☐ Add ground berries, pineapple, nuts, and sugar to cooled gelatin mixture.
- ☐ Mix well.
- ☐ Pour into a bowl or mold. Refrigerate until completely set.
- ☐ Place mold in a warm water bath and run a knife around the edges to loosen. Invert onto a serving plate, garnish with parsley and a dollop of sour cream or whipped cream.

Nutrition Facts



Properties

Glycemic Index:20.89, Glycemic Load:9.23, Inflammation Score:-4, Nutrition Score:7.9417390330978%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg, Delphinidin: 0.92mg Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg, Catechin: 0.9mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg, Epigallocatechin 3-gallate: 0.28mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg, Myricetin: 1.1mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 264.99kcal (13.25%), Fat: 10.56g (16.25%), Saturated Fat: 1.62g (10.12%), Carbohydrates: 44.6g (14.87%), Net Carbohydrates: 41.97g (15.26%), Sugar: 40.08g (44.54%), Cholesterol: 4.56mg (1.52%), Sodium: 53.59mg (2.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.77%), Vitamin K: 67.86µg (64.63%),

Manganese: 0.62mg (31.07%), Fiber: 2.63g (10.52%), Copper: 0.2mg (9.85%), Vitamin C: 6.83mg (8.28%), Vitamin A: 392.08IU (7.84%), Vitamin B1: 0.1mg (6.99%), Phosphorus: 59.62mg (5.96%), Magnesium: 20.82mg (5.21%), Vitamin E: 0.69mg (4.61%), Zinc: 0.66mg (4.42%), Iron: 0.71mg (3.93%), Potassium: 110.71mg (3.16%), Vitamin B6: 0.05mg (2.54%), Folate: 10.01µg (2.5%), Calcium: 24.87mg (2.49%), Vitamin B2: 0.04mg (2.33%), Selenium: 1.53µg (2.19%), Vitamin B5: 0.19mg (1.89%), Vitamin B3: 0.36mg (1.8%)