

Cranberry Salad I



Gluten Free



Dairy Free

READY IN



730 min.

SERVINGS



12

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 banana peeled sliced
- ☐ 20 ounce pineapple with juice crushed canned
- ☐ 1 pound cranberries fresh
- ☐ 8 ounces marshmallows miniature
- ☐ 1 cup whipped cream
- ☐ 2 cups sugar white

Equipment

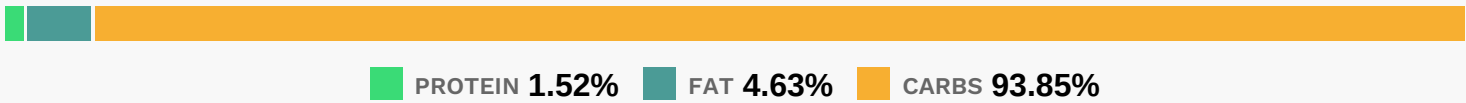
- ☐ food processor

☐ blender

Directions

- ☐ If using frozen cranberries let thaw before using. In a food processor or blender grind the cranberries.
- ☐ Add the sugar, crushed pineapple and marshmallows.
- ☐ Let mixture stand overnight.
- ☐ Just before serving stir in the sliced banana and whipped cream.

Nutrition Facts



Properties

Glycemic Index:23.78, Glycemic Load:35.42, Inflammation Score:-2, Nutrition Score:3.136086953075%

Flavonoids

Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg, Cyanidin: 17.55mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.58mg, Peonidin: 18.58mg, Peonidin: 18.58mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg, Epicatechin: 1.65mg Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg, Epigallocatechin 3-gallate: 0.37mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg, Myricetin: 2.51mg Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg, Quercetin: 5.62mg

Nutrients (% of daily need)

Calories: 255.77kcal (12.79%), Fat: 1.39g (2.14%), Saturated Fat: 0.72g (4.5%), Carbohydrates: 63.32g (21.11%), Net Carbohydrates: 61.07g (22.21%), Sugar: 54.1g (60.12%), Cholesterol: 3.8mg (1.27%), Sodium: 17.18mg (0.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.02g (2.04%), Vitamin C: 10.59mg (12.83%), Fiber: 2.25g (9%), Manganese: 0.17mg (8.28%), Copper: 0.1mg (5.03%), Vitamin B6: 0.1mg (4.78%), Vitamin B1: 0.06mg (3.85%), Potassium: 132.99mg (3.8%), Vitamin E: 0.55mg (3.67%), Magnesium: 12.94mg (3.23%), Vitamin K: 2.36µg (2.25%), Vitamin B2: 0.03mg (2.03%), Vitamin A: 86.85IU (1.74%), Iron: 0.31mg (1.71%), Calcium: 17.03mg (1.7%), Vitamin B5: 0.16mg (1.61%), Phosphorus: 15.59mg (1.56%), Selenium: 0.92µg (1.31%), Vitamin B3: 0.26mg (1.28%), Folate: 5.05µg (1.26%)