

Cranberry Salad II



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



274 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

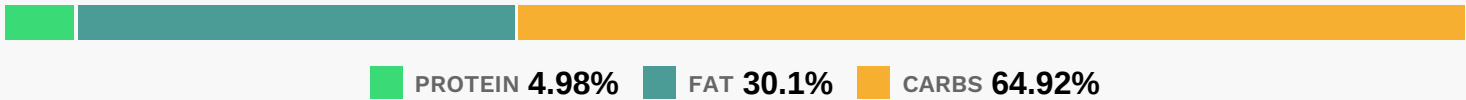
- ☐ 1 cup celery diced finely
- ☐ 2 cups cranberries chopped
- ☐ 1 large cranberry-orange relish
- ☐ 1 cup pineapple crushed drained
- ☐ 3 ounce raspberry jell-o® mix flavored
- ☐ 1 cup walnuts chopped
- ☐ 2 cups water hot
- ☐ 1 cup sugar white

Equipment

Directions

- ☐
- Combine the gelatin with hot water (don't let stand). Grind cranberries and orange (including rind) mix with sugar. Stir in nuts, celery and pineapple.
- ☐
- Mix with prepared gelatin and chill.

Nutrition Facts



Properties

Glycemic Index:26.2, Glycemic Load:19.58, Inflammation Score:-4, Nutrition Score:6.8352173877799%

Flavonoids

Cyanidin: 12mg, Cyanidin: 12mg, Cyanidin: 12mg, Cyanidin: 12mg Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg, Delphinidin: 1.92mg Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg, Malvidin: 0.11mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg, Peonidin: 12.29mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg, Epicatechin: 1.09mg Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg, Epigallocatechin 3-gallate: 0.24mg Hesperetin: 6.27mg, Hesperetin: 6.27mg, Hesperetin: 6.27mg, Hesperetin: 6.27mg Naringenin: 3.52mg, Naringenin: 3.52mg, Naringenin: 3.52mg, Naringenin: 3.52mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg, Myricetin: 1.69mg Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg, Quercetin: 3.86mg

Nutrients (% of daily need)

Calories: 274.22kcal (13.71%), Fat: 9.73g (14.97%), Saturated Fat: 0.91g (5.69%), Carbohydrates: 47.22g (15.74%), Net Carbohydrates: 44.2g (16.07%), Sugar: 42.08g (46.76%), Cholesterol: 0mg (0%), Sodium: 63.94mg (2.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Manganese: 0.61mg (30.51%), Vitamin C: 19.1mg (23.15%), Copper: 0.32mg (15.84%), Fiber: 3.02g (12.07%), Magnesium: 33.54mg (8.38%), Phosphorus: 76.66mg (7.67%), Vitamin B1: 0.11mg (7.07%), Folate: 27.83µg (6.96%), Vitamin B6: 0.14mg (6.91%), Potassium: 196.87mg (5.62%), Vitamin K: 5.55µg (5.29%), Calcium: 37.66mg (3.77%), Zinc: 0.55mg (3.64%), Iron: 0.64mg (3.56%), Vitamin B2: 0.06mg (3.45%), Vitamin E: 0.51mg (3.43%), Vitamin A: 141.15IU (2.82%), Selenium: 1.89µg (2.7%),

Vitamin B5: 0.25mg (2.47%), Vitamin B3: 0.38mg (1.9%)