



Cranberry Salad III

 **Gluten Free**  **Dairy Free**

READY IN

ready

45 min.

SERVINGS

servings

8

CALORIES

calories

301 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 8 ounce pineapple crushed drained canned
- ☐ 1 carrots chopped
- ☐ 2 cups cranberries
- ☐ 2 large oranges peeled seeded
- ☐ 1 cup pecans chopped
- ☐ 6 ounce raspberry jell-o® mix flavored
- ☐ 1 cup water cold
- ☐ 0.8 cup sugar white

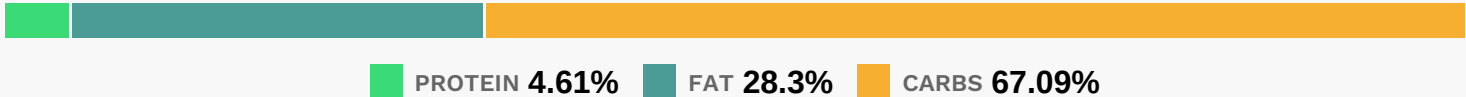
Equipment

- ☐ food processor
- ☐ mixing bowl

Directions

- ☐ In a food processor, combine the cranberries, oranges, carrot and pecans. Process until finely ground; add sugar and pineapple, mix well.
- ☐ In a mixing bowl, combine the gelatin and boiling water. Stir until gelatin is dissolved and add cold water.
- ☐ Mix together the fruit mixture and gelatin; pour into dish or mold and refrigerate until chilled.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:16.17, Inflammation Score:-8, Nutrition Score:8.9717391677525%

Flavonoids

Cyanidin: 13.07mg, Cyanidin: 13.07mg, Cyanidin: 13.07mg, Cyanidin: 13.07mg Delphinidin: 2.91mg, Delphinidin: 2.91mg, Delphinidin: 2.91mg, Delphinidin: 2.91mg 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: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg, Catechin: 1.08mg Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg, Epigallocatechin: 0.95mg Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg, Epicatechin: 1.2mg Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg, Epigallocatechin 3-gallate: 0.56mg Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg, Hesperetin: 12.53mg Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg, Naringenin: 7.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg, Quercetin: 3.93mg

Nutrients (% of daily need)

Calories: 300.6kcal (15.03%), Fat: 10.01g (15.4%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 53.38g (17.79%), Net Carbohydrates: 49.49g (18%), Sugar: 47.32g (52.58%), Cholesterol: 0mg (0%), Sodium: 106.79mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.67g (7.34%), Vitamin C: 31.24mg (37.86%), Manganese:

0.73mg (36.43%), Vitamin A: 1414.14IU (28.28%), Fiber: 3.89g (15.58%), Copper: 0.26mg (13.15%), Vitamin B1: 0.17mg (11.17%), Phosphorus: 81.56mg (8.16%), Magnesium: 28.47mg (7.12%), Potassium: 220.54mg (6.3%), Folate: 20.55µg (5.14%), Vitamin B6: 0.1mg (5.12%), Zinc: 0.73mg (4.84%), Vitamin E: 0.66mg (4.4%), Calcium: 38.7mg (3.87%), Vitamin B2: 0.06mg (3.75%), Selenium: 2.43µg (3.47%), Vitamin B5: 0.33mg (3.3%), Iron: 0.59mg (3.26%), Vitamin K: 2.93µg (2.79%), Vitamin B3: 0.47mg (2.36%)