



Cranberry Salad III

 Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



335 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 20 ounce pineapple with juice crushed canned
- ☐ 6 ounce cherry jell-o® mix flavored
- ☐ 8 ounce cream cheese
- ☐ 1 tablespoon mayonnaise
- ☐ 1 cup pecans chopped
- ☐ 16 ounce cranberry sauce whole canned

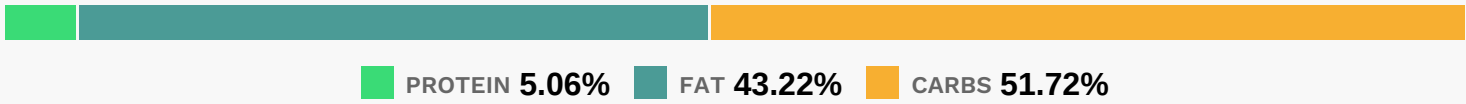
Equipment

- ☐ bowl

Directions

- ☐ Drain crushed pineapple and save 1/4 cup of the juice. Dissolve gelatin in 2 cups of hot water. Stir in cranberries and crushed pineapple.
- ☐ Pour 1/2 of the mixture in a bowl and leave at room temperature, set the other 1/2 in the refrigerator until firm.
- ☐ In a separate bowl mix together the cream cheese, mayonnaise, reserved pineapple juice and chopped pecans.
- ☐ Spread mixture over chilled gelatin.
- ☐ Place in refrigerator for 10 minutes.
- ☐ Pour the room temperature gelatin over the top of the cream cheese layer and refrigerate until set.

Nutrition Facts



Properties

Glycemic Index:8.7, Glycemic Load:0.39, Inflammation Score:-3, Nutrition Score:5.8269565476348%

Flavonoids

Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg, Cyanidin: 1.22mg Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg, Delphinidin: 0.8mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg, Epigallocatechin: 0.61mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg, Myricetin: 1.22mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 335.17kcal (16.76%), Fat: 16.83g (25.89%), Saturated Fat: 5.43g (33.92%), Carbohydrates: 45.32g (15.11%), Net Carbohydrates: 43.03g (15.65%), Sugar: 38.44g (42.71%), Cholesterol: 23.49mg (7.83%), Sodium: 162.2mg (7.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.43g (8.86%), Manganese: 0.52mg (26.11%), Copper: 0.23mg (11.38%), Vitamin B1: 0.14mg (9.5%), Fiber: 2.28g (9.13%), Phosphorus: 84.52mg (8.45%), Vitamin A: 359IU (7.18%), Vitamin C: 5.9mg (7.16%), Magnesium: 25mg (6.25%), Selenium: 3.94µg (5.64%), Vitamin B2: 0.09mg (5.59%), Vitamin E: 0.83mg (5.51%), Potassium: 159.11mg (4.55%), Zinc: 0.68mg (4.54%), Vitamin B6: 0.08mg

(4.24%), Calcium: 40.68mg (4.07%), Vitamin K: 4.17µg (3.97%), Iron: 0.67mg (3.73%), Vitamin B5: 0.23mg (2.28%), Folate: 8.31µg (2.08%), Vitamin B3: 0.36mg (1.78%)