

Cranberry Salad IV



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



286 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

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

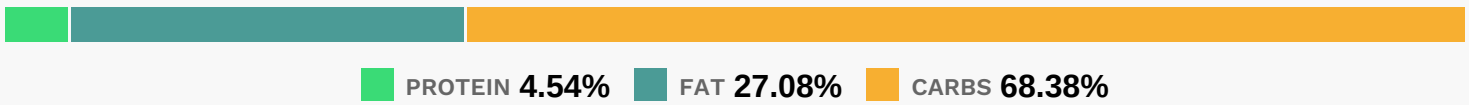
Equipment

- ☐ food processor
- ☐ bowl
- ☐ mixing bowl
- ☐ meat grinder

Directions

- ☐ In an electric food processor or meat grinder, grind cranberries, oranges, carrot, and pecans.
- ☐ Pour mixture into a large mixing bowl.
- ☐ In a separate bowl, combine sugar, pineapple, gelatin and both cups of water.
- ☐ Mix the ingredients from the two bowls together.
- ☐ Pour the entire mixture into a mold and chill overnight before serving.

Nutrition Facts



Properties

Glycemic Index:26.8, Glycemic Load:15.64, Inflammation Score:-8, Nutrition Score:7.9786956102952%

Flavonoids

Cyanidin: 12.94mg, Cyanidin: 12.94mg, Cyanidin: 12.94mg, Cyanidin: 12.94mg Delphinidin: 2.82mg, Delphinidin: 2.82mg, Delphinidin: 2.82mg, Delphinidin: 2.82mg 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: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg, Epicatechin: 1.19mg Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg, Epigallocatechin 3-gallate: 0.53mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.71mg, Myricetin: 1.71mg, Myricetin: 1.71mg, Myricetin: 1.71mg Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg, Quercetin: 3.87mg

Nutrients (% of daily need)

Calories: 285.74kcal (14.29%), Fat: 9.09g (13.99%), Saturated Fat: 0.78g (4.85%), Carbohydrates: 51.64g (17.21%), Net Carbohydrates: 48.19g (17.52%), Sugar: 46.03g (51.15%), Cholesterol: 0mg (0%), Sodium: 106.79mg (4.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.43g (6.86%), Manganese: 0.67mg (33.45%), Vitamin C: 24.17mg (29.3%), Vitamin A: 1383.62IU (27.67%), Fiber: 3.46g (13.82%), Copper: 0.24mg (12.11%), Vitamin B1: 0.15mg (9.85%), Phosphorus: 76.25mg (7.62%), Magnesium: 25.64mg (6.41%), Potassium: 191.43mg (5.47%), Vitamin B6: 0.09mg (4.59%), Zinc: 0.66mg (4.4%), Vitamin E: 0.62mg (4.12%), Folate: 16.3µg (4.08%), Vitamin B2: 0.06mg (3.34%), Selenium: 2.32µg (3.31%), Calcium: 32.53mg (3.25%), Iron: 0.54mg (3.01%), Vitamin B5: 0.29mg (2.86%), Vitamin K: 2.89µg (2.75%), Vitamin B3: 0.42mg (2.1%)