



Cranberry Salad IV

 Gluten Free

READY IN



185 min.

SERVINGS



12

CALORIES



308 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups ground cranberries raw
- ☐ 1 pint heavy whipping cream
- ☐ 0.8 pound marshmallows quartered
- ☐ 1 cup pineapple crushed drained
- ☐ 1 cup sugar white

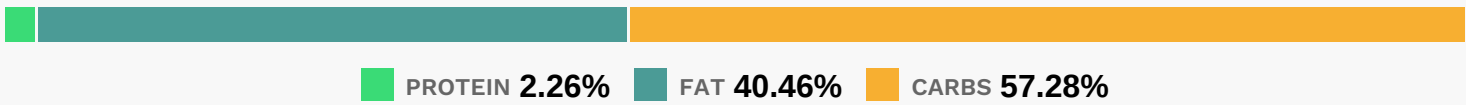
Equipment

- ☐ bowl

Directions

- ☐ In a small bowl, combine the ground cranberries and sugar. Set mixture aside for at least 3 hours.
- ☐ In a large bowl, whip cream and stir in quartered marshmallows. Set aside for 3 hours.
- ☐ After 3 hours fold the berry mixture into the whipped cream. Then fold in the crushed pineapple.
- ☐ Let set for several hours or overnight for flavors to blend.

Nutrition Facts



Properties

Glycemic Index:14.63, Glycemic Load:26.19, Inflammation Score:-4, Nutrition Score:2.831739148368%

Flavonoids

Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg, Cyanidin: 7.74mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.19mg, Peonidin: 8.19mg, Peonidin: 8.19mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg, Epicatechin: 0.73mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 307.88kcal (15.39%), Fat: 14.39g (22.14%), Saturated Fat: 9.09g (56.8%), Carbohydrates: 45.84g (15.28%), Net Carbohydrates: 44.95g (16.35%), Sugar: 37.64g (41.82%), Cholesterol: 44.56mg (14.85%), Sodium: 34.02mg (1.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.81g (3.61%), Vitamin A: 599.5IU (11.99%), Vitamin C: 4.42mg (5.36%), Vitamin B2: 0.09mg (5%), Vitamin D: 0.63µg (4.21%), Vitamin E: 0.59mg (3.91%), Fiber: 0.88g (3.54%), Manganese: 0.06mg (3.17%), Copper: 0.06mg (3.17%), Calcium: 31.53mg (3.15%), Phosphorus: 28.35mg (2.84%), Selenium: 1.86µg (2.66%), Potassium: 76.99mg (2.2%), Vitamin K: 2.23µg (2.13%), Vitamin B1: 0.03mg (2.02%), Vitamin B6: 0.04mg (1.95%), Magnesium: 7.28mg (1.82%), Vitamin B5: 0.15mg (1.51%), Iron: 0.21mg (1.15%), Vitamin B12: 0.06µg (1.05%)