

Cranberry Salad V

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



152 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce pineapple crushed canned
- 1 cup celery chopped
- 12 ounce cranberries fresh
- 3 ounce jell-o® mix lemon flavored
- 0.5 cup walnuts chopped
- 1 cup water boiling
- 0.5 cup sugar white

Equipment

food processor

Directions

- Chop cranberries, celery, and walnuts lightly in a food processor.
- Mix gelatin, water, and sugar.
- Combine cranberry mixture, gelatin mixture, and pineapple (with juice) and mix thoroughly.
- Pour into mold and refrigerate to set.
- Serve on leaf of lettuce with a dollop of mayonnaise.

Nutrition Facts



PROTEIN 4.95% **FAT 22.05%** **CARBS 73%**

Properties

Glycemic Index:16.71, Glycemic Load:8.39, Inflammation Score:-3, Nutrition Score:4.0721739271413%

Flavonoids

Cyanidin: 15.95mg, Cyanidin: 15.95mg, Cyanidin: 15.95mg, Cyanidin: 15.95mg Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg, Delphinidin: 2.61mg Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg, Malvidin: 0.15mg Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg, Pelargonidin: 0.11mg Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg, Peonidin: 16.72mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg, Epigallocatechin: 0.25mg Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg, Epicatechin: 1.49mg Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg, Epigallocatechin 3-gallate: 0.33mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg, Myricetin: 2.26mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 151.74kcal (7.59%), Fat: 3.95g (6.08%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 29.46g (9.82%), Net Carbohydrates: 27.13g (9.86%), Sugar: 25.1g (27.89%), Cholesterol: 0mg (0%), Sodium: 50.22mg (2.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (3.99%), Manganese: 0.33mg (16.7%), Vitamin C: 9.15mg (11.09%), Fiber: 2.33g (9.32%), Copper: 0.18mg (8.78%), Vitamin K: 5.12µg (4.87%), Magnesium: 19.18mg (4.8%), Vitamin B1: 0.07mg (4.65%), Vitamin B6: 0.09mg (4.51%), Phosphorus: 41.38mg (4.14%), Potassium: 132.8mg (3.79%), Vitamin E: 0.53mg (3.51%), Folate: 12.09µg (3.02%), Iron: 0.4mg (2.24%), Vitamin B2: 0.04mg (2.1%), Calcium: 20.36mg (2.04%), Zinc: 0.27mg (1.81%), Vitamin A: 88.19IU (1.76%), Selenium: 1.16µg (1.66%), Vitamin B5: 0.16mg (1.6%),

Vitamin B3: 0.25mg (1.27%)