

# Cranberry Salad VII

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



225 min.

SERVINGS



18

CALORIES



114 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 3 apples cored peeled chopped
- 1 cup celery chopped
- 0.5 pound cranberries fresh chopped
- 0.5 cranberry-orange relish peeled chopped
- 1 cup walnuts chopped
- 2 cups water boiling
- 1 cup sugar white
- 6 ounce cranberry jell-o® mix flavored

# Equipment

## Directions

- Dissolve gelatin in boiling water. Refrigerate 1/2 hour, or until it begins to gel.
- Mix together orange, cranberries, apples and sugar. In a 9x13 inch dish, mix the gelatin, fruit mixture, celery and walnuts
- Chill in the refrigerator 3 to 4 hours, until firm.

## Nutrition Facts



## Properties

Glycemic Index:15.92, Glycemic Load:9.96, Inflammation Score:-2, Nutrition Score:3.2017391194468%

## Flavonoids

Cyanidin: 10.89mg, Cyanidin: 10.89mg, Cyanidin: 10.89mg, Cyanidin: 10.89mg Delphinidin: 1.69mg, Delphinidin: 1.69mg, Delphinidin: 1.69mg, Delphinidin: 1.69mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 10.85mg, Peonidin: 10.85mg, Peonidin: 10.85mg, Peonidin: 10.85mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg, Epicatechin: 3.25mg Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg, Epigallocatechin 3-gallate: 0.27mg Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg, Hesperetin: 0.99mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg, Myricetin: 1.47mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

## Nutrients (% of daily need)

Calories: 113.7kcal (5.68%), Fat: 4.37g (6.72%), Saturated Fat: 0.41g (2.57%), Carbohydrates: 19.39g (6.46%), Net Carbohydrates: 17.25g (6.27%), Sugar: 15.77g (17.52%), Cholesterol: 0mg (0%), Sodium: 6.79mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.24g (2.48%), Manganese: 0.32mg (15.95%), Fiber: 2.13g (8.54%), Vitamin C: 6.68mg (8.09%), Copper: 0.13mg (6.62%), Magnesium: 14.35mg (3.59%), Vitamin K: 3.59µg (3.42%), Vitamin B6: 0.07mg (3.31%), Phosphorus: 30.11mg (3.01%), Potassium: 100.16mg (2.86%), Vitamin E: 0.41mg (2.75%), Folate: 10.61µg (2.65%), Vitamin B1: 0.03mg (2.29%), Vitamin B2: 0.03mg (1.69%), Iron: 0.3mg (1.65%), Zinc: 0.25mg (1.64%), Calcium: 14.55mg (1.46%), Vitamin B5: 0.14mg (1.44%), Vitamin A: 64.29IU (1.29%)