



Cranberry Salad with Grapes



Gluten Free



Dairy Free

READY IN



750 min.

SERVINGS



8

CALORIES



406 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound ground cranberries raw
- ☐ 2 cups grapes seedless halved
- ☐ 0.3 pound marshmallows miniature
- ☐ 1 cup walnuts chopped
- ☐ 1 cup non-dairy whipped topping frozen thawed
- ☐ 2 cups sugar white

Equipment

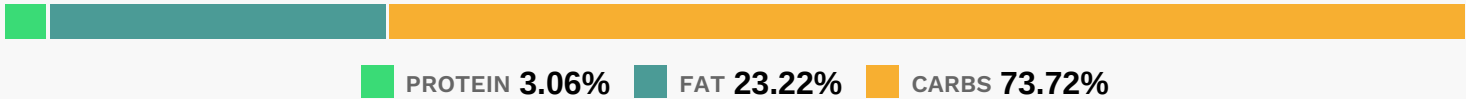
- ☐ bowl

☐ colander

Directions

- ☐ In a medium bowl, mix cranberries and sugar. In the refrigerator, allow the mixture to stand 4 hours.
- ☐ Place cranberry and sugar mixture in a colander.
- ☐ Place colander in a large bowl. Allow the mixture to drain 8 hours, or overnight.
- ☐ Discard drained juices.
- ☐ Place cranberry mixture in a medium bowl. Stir in grapes, walnuts, marshmallows and thawed frozen whipped topping. Chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:30.2, Glycemic Load:47.2, Inflammation Score:-3, Nutrition Score:6.6956520883933%

Flavonoids

Cyanidin: 26.72mg, Cyanidin: 26.72mg, Cyanidin: 26.72mg, Cyanidin: 26.72mg Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg, Delphinidin: 4.35mg Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg, Malvidin: 0.25mg Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg, Pelargonidin: 0.18mg Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg, Peonidin: 27.87mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg, Epicatechin: 2.48mg Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg, Epigallocatechin 3-gallate: 0.55mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg, Myricetin: 3.76mg Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg, Quercetin: 8.41mg

Nutrients (% of daily need)

Calories: 406.35kcal (20.32%), Fat: 11.09g (17.06%), Saturated Fat: 1.99g (12.43%), Carbohydrates: 79.18g (26.39%), Net Carbohydrates: 75.8g (27.56%), Sugar: 68.93g (76.59%), Cholesterol: 0.19mg (0.06%), Sodium: 20.77mg (0.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.29g (6.58%), Manganese: 0.73mg (36.67%), Copper: 0.33mg (16.52%), Fiber: 3.38g (13.5%), Vitamin C: 9.34mg (11.32%), Vitamin K: 9.04µg (8.61%), Magnesium: 30.09mg (7.52%), Vitamin B6: 0.15mg (7.28%), Phosphorus: 72.46mg (7.25%), Vitamin E: 0.97mg (6.46%), Vitamin B1: 0.08mg (5.65%), Potassium: 193.14mg (5.52%), Vitamin B2: 0.08mg (4.58%), Iron: 0.76mg (4.22%), Folate: 16.08µg

(4.02%), Zinc: 0.55mg (3.66%), Calcium: 30.22mg (3.02%), Vitamin B5: 0.27mg (2.7%), Selenium: 1.58µg (2.25%),
Vitamin B3: 0.31mg (1.56%), Vitamin A: 68.8IU (1.38%)