



Creamy Cranberry Jell-O® Salad

 Gluten Free

READY IN



310 min.

SERVINGS



12

CALORIES



254 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce pineapple crushed drained canned
- 8 ounce cream cheese at room temperature
- 2 tablespoons mayonnaise
- 6 ounce raspberry-flavored gelatin mix (such as Jell-O®)
- 1 baking apples are apples that have a sweet-tart balance and hold their shape when peeled finely chopped
- 0.5 cup walnuts chopped
- 1.5 cups water or as needed
- 0.5 cup non-dairy whipped topping frozen thawed to taste cool whip® (such as)

16 ounce berry cranberry sauce whole drained canned

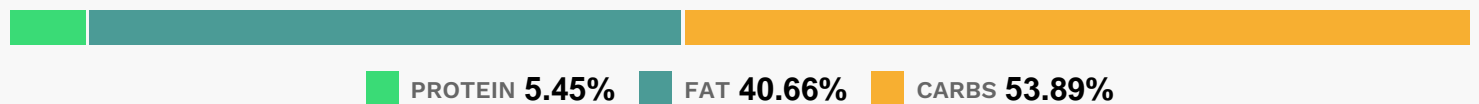
Equipment

- bowl
- sauce pan
- hand mixer
- measuring cup

Directions

- Pour juice from crushed pineapple and cranberry sauce in a measuring cup and add enough water to equal 2 cups of liquid; bring to a boil in a saucepan.
- Remove from heat and dissolve raspberry gelatin in the liquid.
- Pour gelatin into a bowl and refrigerate until partly set, about 45 minutes.
- Beat cream cheese with mayonnaise in a bowl with an electric mixer until fluffy; gradually beat partially set gelatin into cream cheese mixture. Gently fold 1 cup whipped topping into the mixture. Stir crushed pineapple, cranberry sauce, apple, and walnuts into gelatin mixture.
- Transfer to a serving bowl and refrigerate until set, about 4 hours.
- Serve frosted with 1/2 cup whipped topping, or as desired.

Nutrition Facts



Properties

Glycemic Index:10.75, Glycemic Load:0.91, Inflammation Score:-3, Nutrition Score:3.5913043656265%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg, Epicatechin: 1.14mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg

0.03mg, Kaempferol: 0.03mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin:
1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg, Quercetin: 1.52mg

Nutrients (% of daily need)

Calories: 254.23kcal (12.71%), Fat: 11.94g (18.37%), Saturated Fat: 4.75g (29.69%), Carbohydrates: 35.59g (11.86%),
Net Carbohydrates: 34.24g (12.45%), Sugar: 30.08g (33.42%), Cholesterol: 20.13mg (6.71%), Sodium: 146.27mg
(6.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.6g (7.2%), Manganese: 0.2mg (9.91%), Copper:
0.14mg (6.86%), Phosphorus: 64.38mg (6.44%), Vitamin A: 292.14IU (5.84%), Fiber: 1.35g (5.41%), Vitamin K: 5.43µg
(5.17%), Selenium: 3.17µg (4.53%), Vitamin E: 0.67mg (4.48%), Vitamin B2: 0.08mg (4.45%), Magnesium: 14.57mg
(3.64%), Vitamin C: 2.92mg (3.53%), Vitamin B1: 0.05mg (3.32%), Calcium: 31.9mg (3.19%), Vitamin B6: 0.06mg
(3.17%), Potassium: 101.31mg (2.89%), Iron: 0.42mg (2.31%), Folate: 8.89µg (2.22%), Zinc: 0.29mg (1.95%), Vitamin
B5: 0.15mg (1.51%)