



Creamy Cranberry Jell-O® Salad

 **Gluten Free**

READY IN



310 min.

SERVINGS



12

CALORIES



261 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
- ☐ 1 cup non-dairy whipped topping frozen thawed cool whip® (such as)

☐ 16 ounce berry cranberry sauce whole drained canned

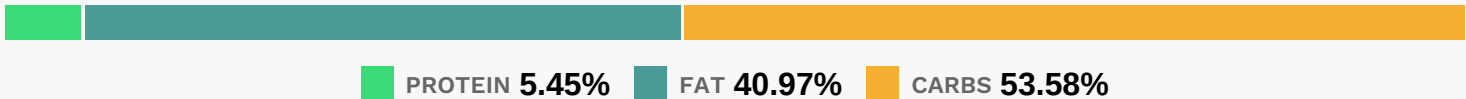
Equipment

- ☐ 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:3.6513043446871%

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: 261.23kcal (13.06%), Fat: 12.35g (19%), Saturated Fat: 5.1g (31.9%), Carbohydrates: 36.33g (12.11%), Net Carbohydrates: 34.98g (12.72%), Sugar: 30.81g (34.24%), Cholesterol: 20.19mg (6.73%), Sodium: 148.52mg (6.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.39%), Manganese: 0.2mg (9.91%), Copper: 0.14mg (6.88%), Phosphorus: 66.69mg (6.67%), Vitamin A: 294.45IU (5.89%), Fiber: 1.35g (5.41%), Vitamin K: 5.53µg (5.26%), Selenium: 3.24µg (4.63%), Vitamin B2: 0.08mg (4.62%), Vitamin E: 0.69mg (4.58%), Magnesium: 14.79mg (3.7%), Vitamin C: 2.92mg (3.53%), Calcium: 34.11mg (3.41%), Vitamin B1: 0.05mg (3.36%), Vitamin B6: 0.06mg (3.2%), Potassium: 104.47mg (2.98%), Iron: 0.42mg (2.32%), Folate: 8.99µg (2.25%), Zinc: 0.3mg (1.97%), Vitamin B5: 0.15mg (1.51%)