



Creamy Frozen Cranberry Salad

 Gluten Free

READY IN



7 min.

SERVINGS



12

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons mayonnaise light
- ☐ 8 ounce pineapple in juice crushed drained canned
- ☐ 1 tablespoon sugar
- ☐ 1 teaspoon vanilla extract
- ☐ 12 ounce non-dairy whipped topping fat-free frozen thawed
- ☐ 16 ounce whole-berry cranberry sauce canned

Equipment

- ☐ bowl

- ☐ blender
- ☐ baking pan

Directions

- ☐ Combine cream cheese and mayonnaise in a large bowl; beat with a mixer at medium speed until creamy. Gradually add sugar, beating well. Stir in cranberry sauce and pineapple. Fold in whipped topping and vanilla.
- ☐ Pour into an 8-inch square baking dish coated with cooking spray. Cover and freeze 8 hours.
- ☐ Let stand 10 minutes before cutting into squares.

Nutrition Facts



Properties

Glycemic Index:5.84, Glycemic Load:0.7, Inflammation Score:-1, Nutrition Score:2.4165217284437%

Flavonoids

Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg, Cyanidin: 0.04mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg, Myricetin: 1.02mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 124.04kcal (6.2%), Fat: 2.02g (3.1%), Saturated Fat: 0.9g (5.61%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 25.78g (9.37%), Sugar: 20.37g (22.64%), Cholesterol: 4.91mg (1.64%), Sodium: 41.83mg (1.82%), Alcohol: 0.11g (100%), Alcohol %: 0.16% (100%), Protein: 1.3g (2.59%), Vitamin B2: 0.19mg (11.05%), Vitamin B12: 0.42µg (6.99%), Vitamin B1: 0.07mg (4.48%), Calcium: 34.96mg (3.5%), Fiber: 0.77g (3.1%), Vitamin E: 0.43mg (2.88%), Vitamin B6: 0.05mg (2.72%), Vitamin C: 2.15mg (2.61%), Phosphorus: 22.48mg (2.25%), Vitamin K: 2µg (1.9%), Potassium: 65.87mg (1.88%), Copper: 0.04mg (1.81%), Selenium: 1.14µg (1.63%), Folate: 6.24µg (1.56%), Vitamin A: 76.57IU (1.53%), Magnesium: 5.95mg (1.49%), Iron: 0.22mg (1.23%), Manganese: 0.02mg (1.18%)