



Eggnog and Cranberry Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



9

CALORIES



225 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon ground nutmeg
- ☐ 3.5 ounce vanilla pudding mix instant
- ☐ 3 ounce jell-o lemon flavored
- ☐ 2 tablespoons juice of lemon
- ☐ 0.3 cup pecans chopped
- ☐ 3 ounce raspberry jell-o® mix flavored
- ☐ 1 cup water boiling
- ☐ 1.3 ounce whipped topping mix

☐ 16 ounce jellied cranberry sauce canned

Equipment

☐ sauce pan

Directions

- ☐ Combine vanilla pudding mix, lemon gelatin, and 2 cups water in a saucepan. Bring to a boil, stirring constantly. Stir in lemon juice. Chill until partially set.
- ☐ Dissolve raspberry gelatin in 1 cup boiling water. Blend in cranberry sauce, and add pecans. Chill until partially set.
- ☐ Prepare whipped topping according to package directions. Fold in nutmeg. Fold whipped topping into vanilla pudding mixture.
- ☐ Pour into a 9 x 13 inch glass dish. Chill until firm.
- ☐ Pour cranberry mixture over pudding mixture. Chill for 6 hours before serving to appreciative family and friends.

Nutrition Facts



Properties

Glycemic Index:8.89, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:1.8595651912948%

Flavonoids

Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg, Cyanidin: 0.38mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg, Epigallocatechin 3–gallate: 0.07mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg, Myricetin: 1.36mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 225.34kcal (11.27%), Fat: 2.88g (4.44%), Saturated Fat: 0.69g (4.33%), Carbohydrates: 49.45g (16.48%),
Net Carbohydrates: 48.5g (17.64%), Sugar: 42.24g (46.93%), Cholesterol: 0.08mg (0.03%), Sodium: 164.91mg
(7.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.38g (4.76%), Manganese: 0.17mg (8.65%),
Phosphorus: 40.81mg (4.08%), Copper: 0.08mg (4.02%), Fiber: 0.94g (3.78%), Vitamin E: 0.54mg (3.58%),
Selenium: 1.79µg (2.55%), Vitamin C: 1.83mg (2.22%), Vitamin B1: 0.03mg (2.01%), Iron: 0.33mg (1.82%), Vitamin B2:
0.03mg (1.64%), Magnesium: 6mg (1.5%), Zinc: 0.17mg (1.11%), Potassium: 38.01mg (1.09%)