



Festive Cranberry-Pineapple JELL-O Salad

 Gluten Free  Dairy Free

READY IN



340 min.

SERVINGS



14

CALORIES



166 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 pears chopped
- 20 oz pineapple in juice crushed undrained canned
- 6 oz jell-o strawberry flavor gelatin
- 0.7 cup planters walnuts chopped
- 16 oz berry cranberry sauce whole canned

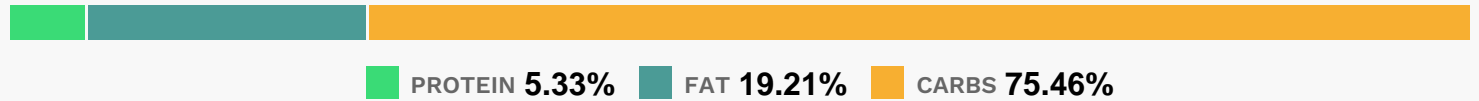
Equipment

- bowl
- sauce pan

Directions

- Drain pineapple, reserving juice.
- Remove 1 Tbsp. pineapple; set aside.
- Add enough cold water to reserved pineapple juice to measure 3 cups; pour into saucepan. Bring to boil.
- Add to dry gelatin mixes in medium bowl; stir 2 min. until completely dissolved. Stir in cranberry sauce. Refrigerate 1-1/2 hours or until slightly thickened.
- Stir in remaining pineapple, pears and nuts.
- Refrigerate 4 hours or until firm. Top with reserved pineapple just before serving.

Nutrition Facts



Properties

Glycemic Index:4.05, Glycemic Load:0.64, Inflammation Score:-1, Nutrition Score:2.9713043713051%

Flavonoids

Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg, Cyanidin: 0.45mg 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: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg, Epicatechin: 0.48mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg, Myricetin: 0.87mg Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg, Quercetin: 0.88mg

Nutrients (% of daily need)

Calories: 165.79kcal (8.29%), Fat: 3.74g (5.76%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 33.08g (11.03%), Net Carbohydrates: 31.43g (11.43%), Sugar: 27.92g (31.02%), Cholesterol: 0mg (0%), Sodium: 58.88mg (2.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.34g (4.68%), Manganese: 0.22mg (10.85%), Copper: 0.17mg (8.26%), Fiber: 1.65g (6.6%), Vitamin C: 4.75mg (5.76%), Vitamin B1: 0.07mg (4.47%), Phosphorus: 42.06mg (4.21%), Magnesium: 16.66mg (4.16%), Vitamin B6: 0.07mg (3.43%), Potassium: 99.46mg (2.84%), Iron: 0.45mg (2.48%), Vitamin E: 0.36mg (2.42%), Folate: 9.06µg (2.27%), Selenium: 1.39µg (1.99%), Vitamin B2: 0.03mg (1.88%), Zinc: 0.24mg (1.58%), Calcium: 14.42mg (1.44%), Vitamin K: 1.45µg (1.38%), Vitamin B3: 0.23mg (1.16%)