



Fruited Port-Cranberry Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



162 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 envelope gelatin powder unflavored
- ☐ 1.5 cups apples i use 2 granny smith apples finely chopped 1 large apple
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.3 teaspoon ground ginger
- ☐ 0.5 cup ice water
- ☐ 6 ounce cranberry-flavored gelatin
- ☐ 8.3 ounce pineapple in juice crushed drained canned
- ☐ 0.5 cup port sweet

- ☐ 14 ounce raspberries unsweetened frozen thawed
- ☐ 2 cups water boiling
- ☐ 16 ounce whole-berry cranberry sauce canned

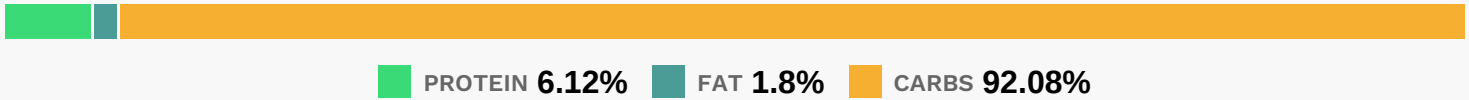
Equipment

- ☐ bowl

Directions

- ☐ Sprinkle unflavored gelatin over port; set aside.
- ☐ Combine the cranberry gelatin, ginger, and allspice in a large bowl; stir well. Stir in boiling water and port mixture.
- ☐ Add the cranberry sauce and the ice water; stir well. Chill for 30 minutes.
- ☐ Combine apple, raspberries, and pineapple; stir into gelatin mixture.
- ☐ Pour into an 8-cup gelatin mold; chill 4 hours or until set. To unmold, dip mold into hot water for 5 seconds; invert onto serving platter.

Nutrition Facts



Properties

Glycemic Index:7.33, Glycemic Load:1.08, Inflammation Score:-2, Nutrition Score:3.7556521814802%

Flavonoids

Cyanidin: 15.44mg, Cyanidin: 15.44mg, Cyanidin: 15.44mg, Cyanidin: 15.44mg Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg, Petunidin: 0.3mg Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg, Delphinidin: 0.65mg Malvidin: 1.43mg, Malvidin: 1.43mg, Malvidin: 1.43mg, Malvidin: 1.43mg Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg, Pelargonidin: 0.33mg Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg, Peonidin: 0.17mg Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg, Catechin: 1.35mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg, Epicatechin: 2.72mg Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg, Epigallocatechin 3-gallate: 0.21mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg

0.05mg, Kaempferol: 0.05mg Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg, Myricetin: 1.06mg
Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg Gallocatechin: 0.01mg, Gallocatechin:
0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 161.83kcal (8.09%), Fat: 0.33g (0.5%), Saturated Fat: 0.02g (0.11%), Carbohydrates: 37.54g (12.51%), Net
Carbohydrates: 34.34g (12.49%), Sugar: 30.15g (33.5%), Cholesterol: 0mg (0%), Sodium: 72.68mg (3.16%), Alcohol:
1.06g (100%), Alcohol %: 0.75% (100%), Protein: 2.5g (4.99%), Vitamin C: 11.61mg (14.07%), Manganese: 0.28mg
(14.01%), Fiber: 3.21g (12.84%), Copper: 0.1mg (5.17%), Vitamin E: 0.67mg (4.48%), Phosphorus: 36.82mg (3.68%),
Magnesium: 13.99mg (3.5%), Vitamin K: 3.63µg (3.46%), Potassium: 116.18mg (3.32%), Iron: 0.54mg (2.99%),
Vitamin B1: 0.04mg (2.66%), Vitamin B6: 0.05mg (2.54%), Folate: 9.49µg (2.37%), Vitamin B2: 0.04mg (2.29%),
Selenium: 1.52µg (2.17%), Calcium: 16.81mg (1.68%), Vitamin B3: 0.33mg (1.67%), Zinc: 0.2mg (1.33%), Vitamin B5:
0.12mg (1.24%)