

Grandma's Cranberry Salad

 **Gluten Free**

READY IN



10 min.

SERVINGS



1

CALORIES



4326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 8 ounce pineapple crushed drained canned
- 12 ounce cranberries frozen
- 1 pint cup heavy whipping cream
- 10 ounce marshmallows miniature
- 1 cup pecans chopped
- 1 cup sugar

Equipment

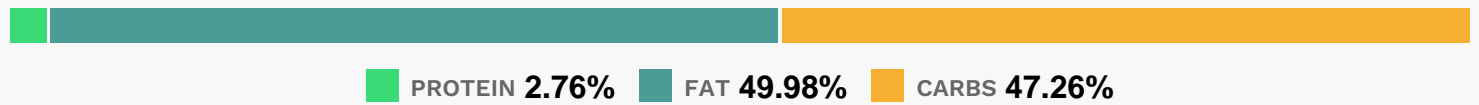
- food processor

- bowl
- hand mixer

Directions

- Put cranberries in a food processor and blend until well chopped.
- Transfer cranberries to a large bowl, and mix in pineapple, pecans, marshmallows and sugar.
- In a medium bowl, beat cream with an electric mixer until stiff peaks form. Fold whipped cream into cranberry mixture. Chill until ready to serve. (Or, freeze for 2 hours before serving.)

Nutrition Facts



Properties

Glycemic Index:185.59, Glycemic Load:292.22, Inflammation Score:-10, Nutrition Score:53.021739296291%

Flavonoids

Cyanidin: 169.66mg, Cyanidin: 169.66mg, Cyanidin: 169.66mg, Cyanidin: 169.66mg Delphinidin: 34.03mg, Delphinidin: 34.03mg, Delphinidin: 34.03mg, Delphinidin: 34.03mg Malvidin: 1.5mg, Malvidin: 1.5mg, Malvidin: 1.5mg, Malvidin: 1.5mg Pelargonidin: 1.09mg, Pelargonidin: 1.09mg, Pelargonidin: 1.09mg, Pelargonidin: 1.09mg Peonidin: 167.24mg, Peonidin: 167.24mg, Peonidin: 167.24mg, Peonidin: 167.24mg Catechin: 9.22mg, Catechin: 9.22mg, Catechin: 9.22mg, Catechin: 9.22mg Epigallocatechin: 8.65mg, Epigallocatechin: 8.65mg, Epigallocatechin: 8.65mg, Epigallocatechin: 8.65mg Epicatechin: 15.76mg, Epicatechin: 15.76mg, Epicatechin: 15.76mg, Epicatechin: 15.76mg Epigallocatechin 3-gallate: 5.81mg, Epigallocatechin 3-gallate: 5.81mg, Epigallocatechin 3-gallate: 5.81mg, Epigallocatechin 3-gallate: 5.81mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 22.55mg, Myricetin: 22.55mg, Myricetin: 22.55mg, Myricetin: 22.55mg Quercetin: 50.48mg, Quercetin: 50.48mg, Quercetin: 50.48mg, Quercetin: 50.48mg

Nutrients (% of daily need)

Calories: 4326.07kcal (216.3%), Fat: 251.2g (386.45%), Saturated Fat: 115.77g (723.57%), Carbohydrates: 534.38g (178.13%), Net Carbohydrates: 508.44g (184.89%), Sugar: 427.9g (475.45%), Cholesterol: 534.69mg (178.23%), Sodium: 365.63mg (15.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.52%), Manganese: 6.17mg (308.26%), Vitamin A: 7334.24IU (146.68%), Copper: 2.08mg (104.11%), Fiber: 25.94g (103.77%), Vitamin C: 72.98mg (88.47%), Vitamin B1: 1.09mg (72.6%), Vitamin B2: 1.19mg (69.87%), Vitamin E: 10.42mg (69.43%), Phosphorus: 652.35mg (65.23%), Magnesium: 225.11mg (56.28%), Vitamin D: 7.57µg (50.47%), Calcium: 462.6mg (46.26%), Zinc: 6.74mg (44.93%), Potassium: 1467.97mg (41.94%), Vitamin B6: 0.77mg (38.35%), Selenium: 25.6µg (36.58%), Vitamin K: 37.55µg (35.77%), Vitamin B5: 3.16mg (31.65%), Iron: 5.4mg (30%), Folate: 60.48µg (15.12%), Vitamin B3: 2.79mg (13.93%), Vitamin B12: 0.76µg (12.62%)