



Holiday Cranberry Salad



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



78 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup celery finely chopped (2 stalks)
- ☐ 2 cups cranberries fresh thawed
- ☐ 1 cup apples i use 2 granny smith apples finely chopped (1 medium)
- ☐ 0.3 ounce lemon gelatin sugar-free
- ☐ 0.3 cup measures-like-sugar" calorie-free sweetener
- ☐ 1.3 cups water boiling

Equipment

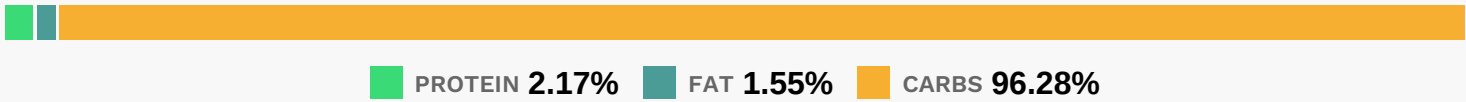
- ☐ food processor

☐ bowl

Directions

- ☐ Place cranberries in a food processor; process 30 seconds or until chopped.
- ☐ Combine cranberries and sweetener in a large bowl; let stand 30 minutes or until sweetener dissolves.
- ☐ Combine gelatin and boiling water in a large bowl; stir 2 minutes or until gelatin dissolves. Chill until the consistency of unbeaten egg white.
- ☐ Stir cranberry mixture, celery, and apple into gelatin mixture.
- ☐ Pour mixture into a 3-cup mold coated with cooking spray. Cover and chill until firm.
- ☐ To serve, unmold salad onto a lettuce-lined serving plate, if desired.

Nutrition Facts



Properties

Glycemic Index:35.82, Glycemic Load:9.45, Inflammation Score:-2, Nutrition Score:2.3386956803177%

Flavonoids

Cyanidin: 18.96mg, Cyanidin: 18.96mg, Cyanidin: 18.96mg, Cyanidin: 18.96mg Delphinidin: 3.07mg, Delphinidin: 3.07mg, Delphinidin: 3.07mg, Delphinidin: 3.07mg Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg, Malvidin: 0.18mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 19.67mg, Peonidin: 19.67mg, Peonidin: 19.67mg, Peonidin: 19.67mg Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg, Catechin: 0.48mg Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg, Epigallocatechin: 0.36mg Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg, Epicatechin: 3.63mg Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg, Epigallocatechin 3-gallate: 0.44mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 2.65mg, Myricetin: 2.65mg, Myricetin: 2.65mg, Myricetin: 2.65mg Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg, Quercetin: 6.98mg

Nutrients (% of daily need)

Calories: 77.79kcal (3.89%), Fat: 0.14g (0.22%), Saturated Fat: 0.01g (0.09%), Carbohydrates: 20.05g (6.68%), Net Carbohydrates: 17.85g (6.49%), Sugar: 15.89g (17.65%), Cholesterol: 0mg (0%), Sodium: 20.11mg (0.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.45g (0.9%), Fiber: 2.2g (8.81%), Vitamin C: 7.06mg (8.56%), Manganese: 0.16mg (8.19%), Vitamin K: 5.51µg (5.25%), Vitamin E: 0.6mg (4%), Potassium: 85.33mg (2.44%),

Copper: 0.04mg (2.24%), Vitamin B6: 0.04mg (2.03%), Vitamin A: 82.85IU (1.66%), Vitamin B5: 0.16mg (1.58%),
Magnesium: 5.39mg (1.35%), Vitamin B2: 0.02mg (1.34%), Folate: 4.84µg (1.21%), Phosphorus: 11.97mg (1.2%),
Calcium: 10.67mg (1.07%)