



Mom G's Cranberry Jell-O® Salad

 Gluten Free  Dairy Free

READY IN



275 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup celery chopped
- 12 ounce cranberries fresh
- 6 ounce gelatin mix lemon-flavored (such as Jell-O®)
- 1 cup pineapple crushed drained
- 0.5 cup walnuts chopped
- 2 cups water cold
- 1 cup sugar white

Equipment

food processor

bowl

Directions

- Dissolve lemon gelatin in boiling water in a bowl; stir in cold water. Chill in refrigerator until partially thickened, 30 to 40 minutes.
- Chop cranberries in a food processor and mix sugar into cranberries, pulsing once or twice to combine.
- Let cranberry mixture stand a few minutes to let sugar dissolve. Stir cranberry mixture, pineapple, celery, and walnuts into gelatin.
- Pour into a gelatin mold or serving dish. Refrigerate until fully set, about 4 hours.

Nutrition Facts

 **PROTEIN 4.58%** **FAT 16.04%** **CARBS 79.38%**

Properties

Glycemic Index:20.89, Glycemic Load:19.2, Inflammation Score:-3, Nutrition Score:4.6382608983828%

Flavonoids

Cyanidin: 19.94mg, Cyanidin: 19.94mg, Cyanidin: 19.94mg, Cyanidin: 19.94mg Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg, Delphinidin: 3.26mg Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg, Malvidin: 0.19mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg, Peonidin: 20.9mg Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg, Epicatechin: 1.86mg Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg, Epigallocatechin 3-gallate: 0.41mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg, Quercetin: 6.35mg

Nutrients (% of daily need)

Calories: 263.71kcal (13.19%), Fat: 4.95g (7.62%), Saturated Fat: 0.46g (2.86%), Carbohydrates: 55.13g (18.38%), Net Carbohydrates: 52.57g (19.12%), Sugar: 49.59g (55.11%), Cholesterol: 0mg (0%), Sodium: 111.16mg (4.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.18g (6.36%), Manganese: 0.42mg (20.79%), Vitamin C: 9.12mg (11.06%), Copper: 0.21mg (10.57%), Fiber: 2.56g (10.23%), Phosphorus: 64.3mg (6.43%), Magnesium: 20.6mg (5.15%), Vitamin

K: 5.3 μ g (5.05%), Vitamin B6: 0.09mg (4.65%), Vitamin E: 0.64mg (4.29%), Vitamin B1: 0.06mg (4.19%), Potassium: 129.55mg (3.7%), Folate: 13.12 μ g (3.28%), Selenium: 2.13 μ g (3.05%), Vitamin B2: 0.04mg (2.62%), Iron: 0.45mg (2.51%), Calcium: 21.75mg (2.17%), Zinc: 0.32mg (2.11%), Vitamin B5: 0.19mg (1.93%), Vitamin A: 84.28IU (1.69%), Vitamin B3: 0.24mg (1.21%)