



Moore's Cranberry Gelatin Salad

 **Gluten Free**  **Dairy Free**

READY IN



540 min.

SERVINGS



12

CALORIES



202 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1.5 cups apples diced
- ☐ 1 pound cranberries
- ☐ 1 large cranberry-orange relish unpeeled
- ☐ 1.5 cups pineapple crushed drained
- ☐ 1.5 cups pineapple juice
- ☐ 6 ounce raspberry jell-o® mix flavored
- ☐ 2 cups grapes red seedless halved
- ☐ 2 cups water boiling

☐ 1 cup sugar white

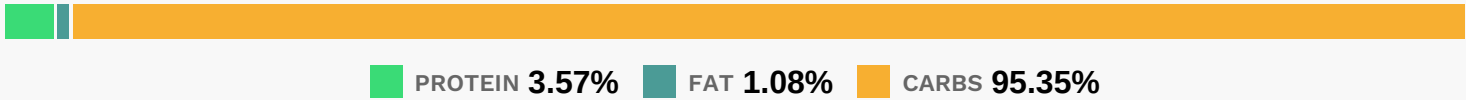
Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ meat grinder

Directions

- ☐ Add the sugar to the gelatin. Stir in the boiling water and stir until the gelatin is dissolved. Stir in the cold water or the pineapples juice. Chill until gelatin is thick.
- ☐ Finely grind the cranberries and the orange in food processor or run through the meat grinder.
- ☐ Add the ground cranberry mixture, drained crushed pineapple, grapes and cubed apples to the thickened gelatin.
- ☐ Pour mixture into one 9x13 inch pan or a large bowl. Refrigerate overnight before serving.

Nutrition Facts



Properties

Glycemic Index:23.47, Glycemic Load:17.96, Inflammation Score:-3, Nutrition Score:4.9000000046647%

Flavonoids

Cyanidin: 17.8mg, Cyanidin: 17.8mg, Cyanidin: 17.8mg, Cyanidin: 17.8mg Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg, Delphinidin: 2.9mg Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg, Malvidin: 0.17mg Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg, Pelargonidin: 0.12mg Peonidin: 18.59mg, Peonidin: 18.59mg, Peonidin: 18.59mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg, Epicatechin: 2.83mg Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg, Epigallocatechin 3-gallate: 0.4mg Hesperetin: 4.18mg, Hesperetin: 4.18mg, Hesperetin: 4.18mg, Hesperetin: 4.18mg Naringenin: 2.35mg, Naringenin: 2.35mg, Naringenin: 2.35mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 2.53mg, Myricetin: 2.53mg, Myricetin: 2.53mg Quercetin: 6.3mg, Quercetin: 6.3mg, Quercetin: 6.3mg,

Quercetin: 6.3mg

Nutrients (% of daily need)

Calories: 201.64kcal (10.08%), Fat: 0.26g (0.39%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 50.88g (16.96%), Net Carbohydrates: 48.11g (17.49%), Sugar: 44.56g (49.52%), Cholesterol: 0mg (0%), Sodium: 70.49mg (3.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.9g (3.8%), Vitamin C: 20.7mg (25.09%), Manganese: 0.31mg (15.71%), Fiber: 2.77g (11.09%), Copper: 0.14mg (7.02%), Vitamin K: 6.2µg (5.91%), Vitamin B1: 0.09mg (5.71%), Potassium: 199.13mg (5.69%), Vitamin B6: 0.11mg (5.53%), Vitamin E: 0.61mg (4.1%), Phosphorus: 37.47mg (3.75%), Magnesium: 15mg (3.75%), Vitamin B2: 0.06mg (3.34%), Folate: 13.16µg (3.29%), Calcium: 22.95mg (2.3%), Iron: 0.41mg (2.29%), Vitamin A: 98.49IU (1.97%), Selenium: 1.34µg (1.91%), Vitamin B5: 0.19mg (1.9%), Vitamin B3: 0.29mg (1.43%)