



Ruby Red Layered Salad

 Gluten Free

READY IN



180 min.

SERVINGS



8

CALORIES



290 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 8 ounce pineapple crushed drained canned
- 3 ounce cherry jell-o flavored
- 10 ounce raspberries frozen
- 3 ounce raspberry jell-o® mix flavored
- 1 pint cup heavy whipping cream sour
- 2 cups water boiling
- 16 ounce cranberry sauce whole canned

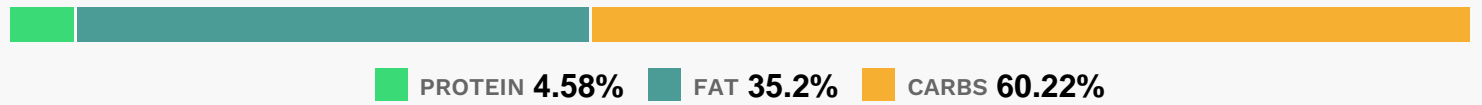
Equipment

bowl

Directions

- Dissolve raspberry gelatin in 1 cup hot water.
- Add frozen raspberries, and stir until well mixed.
- Pour into a glass bowl. Refrigerate until almost firm, about 30 to 60 minutes..
- Spread sour cream over firm gelatin. Refrigerate.
- Dissolve cherry gelatin in 1 cup hot water. Stir in crushed pineapple and cranberry sauce. Chill until partially set, about 20 to 40 minutes.
- Spoon cherry gelatin mixture over sour cream layer. Chill until firm, another hour or two.

Nutrition Facts



Properties

Glycemic Index:6, Glycemic Load:0.82, Inflammation Score:-4, Nutrition Score:5.9182608127594%

Flavonoids

Cyanidin: 19.49mg, Cyanidin: 19.49mg, Cyanidin: 19.49mg, Cyanidin: 19.49mg Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg, Petunidin: 0.11mg Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg, Delphinidin: 0.48mg Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg, Malvidin: 0.05mg Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg, Pelargonidin: 0.39mg Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg, Peonidin: 0.2mg Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg, Catechin: 0.93mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg, Epicatechin: 1.78mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg, Myricetin: 1.54mg Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg, Quercetin: 1.98mg

Nutrients (% of daily need)

Calories: 289.9kcal (14.5%), Fat: 11.84g (18.22%), Saturated Fat: 5.99g (37.44%), Carbohydrates: 45.6g (15.2%), Net Carbohydrates: 42.08g (15.3%), Sugar: 36.16g (40.18%), Cholesterol: 34.9mg (11.63%), Sodium: 74.31mg (3.23%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.47g (6.93%), Vitamin C: 13.79mg (16.72%), Manganese: 0.29mg (14.33%), Fiber: 3.52g (14.08%), Vitamin A: 424.97IU (8.5%), Vitamin B2: 0.14mg (8.15%), Calcium: 78.31mg (7.83%), Phosphorus: 76.7mg (7.67%), Vitamin E: 1.07mg (7.16%), Copper: 0.12mg (5.8%), Potassium: 202.82mg (5.79%), Magnesium: 21.07mg (5.27%), Selenium: 3.31µg (4.73%), Vitamin K: 4.87µg (4.64%), Vitamin B1: 0.06mg (4.25%), Vitamin B6: 0.08mg (3.91%), Iron: 0.65mg (3.61%), Folate: 13.72µg (3.43%), Vitamin B5: 0.34mg (3.38%), Zinc: 0.4mg (2.69%), Vitamin B3: 0.42mg (2.11%), Vitamin B12: 0.12µg (2.07%)