



## So-Simple Cranberry Gelatin Salad

 **Gluten Free**  **Dairy Free**  **Low Fod Map**

READY IN



375 min.

SERVINGS



10

CALORIES



115 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups water boiling
- 2 boxes gelatin powder lemon-flavored (4-serving size each)
- 20 oz roasted cranberry sauce frozen thawed
- 1 cup raspberries fresh

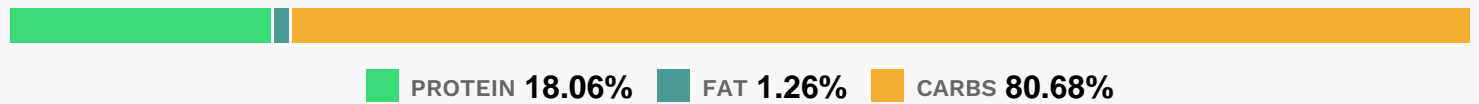
### Equipment

- bowl

## Directions

- Lightly brush 6 1/2-cup ring mold or 1 1/2-quart decorative bowl with vegetable oil.
- In large bowl, pour boiling water on gelatin; stir until gelatin is dissolved. Stir in cranberry-orange sauce. Fold in raspberries.
- Pour into mold or bowl. Cover and refrigerate at least 6 hours but no longer than 24 hours.
- To unmold salad from ring mold, dip mold into hot water for 10 seconds.
- Place serving plate upside down onto mold; turn plate and mold over, then remove mold. Refrigerate salad until serving. If using decorative bowl, do not unmold; scoop salad from bowl to serve.

## Nutrition Facts



## Properties

Glycemic Index:2.6, Glycemic Load:0.17, Inflammation Score:-1, Nutrition Score:2.0086956710919%

## Flavonoids

Cyanidin: 5.55mg, Cyanidin: 5.55mg, Cyanidin: 5.55mg, Cyanidin: 5.55mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg, Pelargonidin: 0.13mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg, Epicatechin: 0.42mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg, Myricetin: 1.53mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg

## Nutrients (% of daily need)

Calories: 115.15kcal (5.76%), Fat: 0.17g (0.26%), Saturated Fat: 0.01g (0.06%), Carbohydrates: 24.33g (8.11%), Net Carbohydrates: 22.93g (8.34%), Sugar: 18.56g (20.62%), Cholesterol: 0mg (0%), Sodium: 16.3mg (0.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.45g (10.9%), Copper: 0.15mg (7.71%), Manganese: 0.12mg (6.01%), Fiber: 1.4g (5.61%), Vitamin C: 3.71mg (4.5%), Vitamin E: 0.63mg (4.21%), Selenium: 2.46µg (3.52%), Iron: 0.38mg

(2.1%), Vitamin B2: 0.03mg (1.73%), Vitamin K: 1.73µg (1.65%), Magnesium: 5.48mg (1.37%), Folate: 4.77µg (1.19%)