

Tart Cherry Salad

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

READY IN



15 min.

SERVINGS



18

CALORIES



246 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 16 ounces pineapple crushed canned
- 32 ounces cherries red canned
- 12 ounces cherry gelatin
- 0.8 cup coconut flakes flaked
- 3 cups ginger ale
- 1 cup nuts chopped
- 1 cup sugar

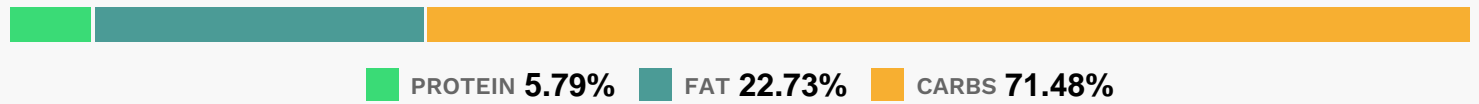
Equipment

- frying pan
- sauce pan

Directions

- Drain cherries and pineapple, reserving juices. Set fruit aside.
- Add enough water to combined juices to make 3-1/4 cups; pour into a saucepan.
- Add sugar; bring to a boil.
- Remove from the heat; stir in gelatin until dissolved.
- Add cherries, pineapple and ginger ale. Chill until partially set. Stir in coconut and nuts if desired.
- Pour into an oiled 3-qt. mold or 13-in. x 9-in. pan. Chill until firm, about 3 hours.

Nutrition Facts



Properties

Glycemic Index:10.26, Glycemic Load:11.86, Inflammation Score:-2, Nutrition Score:4.269565206507%

Flavonoids

Cyanidin: 15.23mg, Cyanidin: 15.23mg, Cyanidin: 15.23mg, Cyanidin: 15.23mg Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg, Pelargonidin: 0.14mg Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg, Peonidin: 0.76mg Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg, Catechin: 2.2mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg, Epicatechin: 2.52mg Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg, Epicatechin 3-gallate: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 245.93kcal (12.3%), Fat: 6.57g (10.1%), Saturated Fat: 2.6g (16.25%), Carbohydrates: 46.47g (15.49%), Net Carbohydrates: 43.78g (15.92%), Sugar: 41.16g (45.73%), Cholesterol: 0mg (0%), Sodium: 93.46mg (4.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.76g (7.53%), Manganese: 0.3mg (14.75%), Copper: 0.22mg (10.89%), Fiber: 2.68g (10.73%), Phosphorus: 81.09mg (8.11%), Magnesium: 31.28mg (7.82%), Vitamin C: 5.98mg (7.25%), Potassium: 212.06mg (6.06%), Iron: 0.77mg (4.26%), Vitamin B6: 0.08mg (3.9%), Vitamin B1: 0.06mg

(3.87%), Zinc: 0.46mg (3.06%), Selenium: 2.13µg (3.04%), Vitamin B2: 0.05mg (3.02%), Vitamin B3: 0.55mg (2.74%),
Vitamin B5: 0.23mg (2.28%), Folate: 8.16µg (2.04%), Calcium: 18.96mg (1.9%), Vitamin K: 1.25µg (1.19%)