



Trainor Family Cranberry Salad

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

READY IN



40 min.

SERVINGS



12

CALORIES



87 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups cranberries coarsely chopped
- 1 optional: lemon peeled seeded chopped
- 2 oranges – peeled cut into bite-size pieces
- 3 ounce strawberry jell-o® mix flavored
- 3 medium tart apples peeled chopped
- 0.8 cup water cold
- 0.3 cup sugar white to taste

Equipment

bowl

whisk

Directions

In a medium bowl, whisk together the gelatin mix and boiling water until gelatin is dissolved. Stir in the cold water.

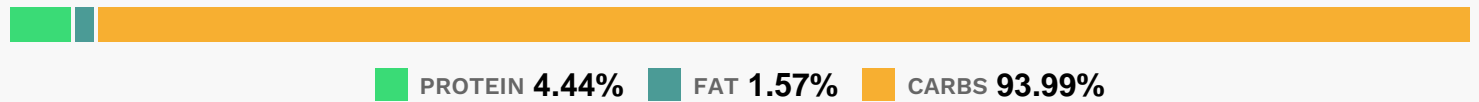
Transfer to a gelatin mold, or keep in a bowl; cover and refrigerate.

Place the oranges, lemon, apples, and cranberries into a bowl.

Sprinkle the sugar over the top. Set aside so the fruit has time to bleed.

When the gelatin is partially set, stir in the fruit. Chill until set, preferably overnight. It becomes tastier with age!

Nutrition Facts



Properties

Glycemic Index:17.92, Glycemic Load:6.22, Inflammation Score:-3, Nutrition Score:3.0082608487295%

Flavonoids

Cyanidin: 8.45mg, Cyanidin: 8.45mg, Cyanidin: 8.45mg, Cyanidin: 8.45mg Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg, Delphinidin: 1.28mg Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg, Malvidin: 0.07mg Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg, Pelargonidin: 0.05mg Peonidin: 8.2mg, Peonidin: 8.2mg, Peonidin: 8.2mg Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg, Catechin: 0.66mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg, Epicatechin: 4.15mg Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg, Eriodictyol: 1.92mg Hesperetin: 8.46mg, Hesperetin: 8.46mg, Hesperetin: 8.46mg, Hesperetin: 8.46mg Naringenin: 3.39mg, Naringenin: 3.39mg, Naringenin: 3.39mg, Naringenin: 3.39mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg, Myricetin: 1.18mg Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg, Quercetin: 4.5mg

Nutrients (% of daily need)

Calories: 87.24kcal (4.36%), Fat: 0.17g (0.25%), Saturated Fat: 0.02g (0.13%), Carbohydrates: 22.26g (7.42%), Net Carbohydrates: 19.79g (7.2%), Sugar: 17.97g (19.96%), Cholesterol: 0mg (0%), Sodium: 34.78mg (1.51%), Alcohol: 0g

(100%), Alcohol %: 0% (100%), Protein: 1.05g (2.1%), Vitamin C: 20.81mg (25.23%), Fiber: 2.47g (9.87%), Manganese: 0.09mg (4.25%), Potassium: 114.54mg (3.27%), Vitamin B6: 0.05mg (2.43%), Vitamin E: 0.35mg (2.36%), Folate: 9.28µg (2.32%), Copper: 0.05mg (2.29%), Vitamin B1: 0.03mg (2.17%), Phosphorus: 21.33mg (2.13%), Vitamin K: 1.83µg (1.75%), Vitamin B2: 0.03mg (1.73%), Vitamin A: 85.68IU (1.71%), Magnesium: 6.47mg (1.62%), Calcium: 15.83mg (1.58%), Vitamin B5: 0.15mg (1.5%)