



Wonderful Cranberry Relish

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

READY IN



500 min.

SERVINGS



2

CALORIES



1928 kcal

SIDE DISH

SAUCE

Ingredients

- 2 cups apples minced
- 1 quart ground cranberries
- 2 cups grapes chopped
- 1 cup pecans finely chopped
- 1 cup pineapple crushed drained
- 6 ounce strawberry-flavored gelatin (such as Jell-O®)
- 0.8 cup water boiling
- 2 cups sugar white

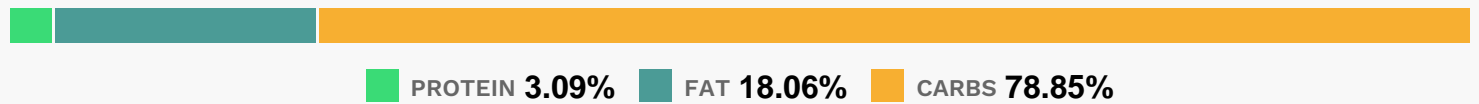
Equipment

- bowl
- plastic wrap

Directions

- Dissolve Jell-O® in boiling water.
- Stir cranberries and sugar together in a large bowl.
- Pour water with dissolved Jell-O® over the cranberry mixture. Fold apple, grapes, pineapple, and pecans through the cranberry mixture.
- Cover bowl with plastic wrap and refrigerate 8 hours to overnight.

Nutrition Facts



Properties

Glycemic Index:101.55, Glycemic Load:174.25, Inflammation Score:-9, Nutrition Score:34.392174181731%

Flavonoids

Cyanidin: 227.51mg, Cyanidin: 227.51mg, Cyanidin: 227.51mg, Cyanidin: 227.51mg Delphinidin: 40.26mg, Delphinidin: 40.26mg, Delphinidin: 40.26mg, Delphinidin: 40.26mg Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg, Malvidin: 2.08mg Pelargonidin: 1.51mg, Pelargonidin: 1.51mg, Pelargonidin: 1.51mg, Pelargonidin: 1.51mg Peonidin: 232.64mg, Peonidin: 232.64mg, Peonidin: 232.64mg, Peonidin: 232.64mg Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg, Catechin: 7.42mg Epigallocatechin: 6.89mg, Epigallocatechin: 6.89mg, Epigallocatechin: 6.89mg, Epigallocatechin: 6.89mg Epicatechin: 30.54mg, Epicatechin: 30.54mg, Epicatechin: 30.54mg, Epicatechin: 30.54mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 6.08mg, Epigallocatechin 3-gallate: 6.08mg, Epigallocatechin 3-gallate: 6.08mg, Epigallocatechin 3-gallate: 6.08mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg, Kaempferol: 0.74mg Myricetin: 31.37mg, Myricetin: 31.37mg, Myricetin: 31.37mg, Myricetin: 31.37mg Quercetin: 75.23mg, Quercetin: 75.23mg, Quercetin: 75.23mg, Quercetin: 75.23mg

Nutrients (% of daily need)

Calories: 1928.46kcal (96.42%), Fat: 41.08g (63.2%), Saturated Fat: 3.53g (22.07%), Carbohydrates: 403.51g (134.5%), Net Carbohydrates: 375.35g (136.49%), Sugar: 348.42g (387.13%), Cholesterol: 0mg (0%), Sodium:

417.68mg (18.16%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.82g (31.65%), Manganese: 4.32mg (216.21%), Fiber: 28.16g (112.65%), Vitamin C: 88.55mg (107.33%), Copper: 1.4mg (69.98%), Vitamin E: 7.54mg (50.3%), Vitamin K: 51.19µg (48.75%), Vitamin B1: 0.67mg (44.34%), Phosphorus: 375.16mg (37.52%), Potassium: 1180.79mg (33.74%), Magnesium: 131.49mg (32.87%), Vitamin B6: 0.65mg (32.74%), Vitamin B2: 0.4mg (23.61%), Zinc: 3.21mg (21.37%), Iron: 3.7mg (20.57%), Vitamin B5: 2.03mg (20.3%), Selenium: 10.07µg (14.38%), Calcium: 124.74mg (12.47%), Vitamin A: 540.73IU (10.81%), Vitamin B3: 1.86mg (9.28%), Folate: 31.96µg (7.99%)