

Creamy Cranberry Salad

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Servings: 16

3 cups fresh OR frozen thawed
cranberries, chopped
1 can (20 ounce) unsweetened crushed
pineapple, drained
2 cups miniature marshmallows
1 medium apple, chopped
2/3 cup sugar
1/8 teaspoon salt
2 cups heavy whipping cream
1/4 cup chopped walnuts

In a large bowl, mix the cranberries, pineapple,
marshmallows, apple, sugar and salt until
blended.

Refrigerate, covered, overnight.

In a large bowl, beat the cream until stiff peaks
form. Just before serving, fold the cream and
walnuts into the cranberry mixture.

Start to Finish Time: 15 minutes

Per Serving (excluding unknown
items): 165 Calories; 12g Fat
(64.3% calories from fat); 1g
Protein; 14g Carbohydrate; trace
Dietary Fiber; 41mg Cholesterol;
29mg Sodium. Exchanges: 0
Grain(Starch); 0 Lean Meat; 0 Fruit;
0 Non-Fat Milk; 2 1/2 Fat; 1/2 Other
Carbohydrates.

Salads

Per Serving Nutritional Analysis

Calories (kcal):	165
% Calories from Fat:	64.3%
% Calories from Carbohydrates:	32.9%
% Calories from Protein:	2.7%
Total Fat (g):	12g
Saturated Fat (g):	7g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	41mg
Carbohydrate (g):	14g
Dietary Fiber (g):	trace
Protein (g):	1g

Vitamin B6 (mg):	trace
Vitamin B12 (mcg):	.1mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	3mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value*	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0

Sodium (mg): 29mg
Potassium (mg): 43mg
Calcium (mg): 22mg
Iron (mg): trace
Zinc (mg): trace
Vitamin C (mg): 1mg
Vitamin A (i.u.): 448IU
Vitamin A (r.e.): 126 1/2RE

Vegetable: 0
Fruit: 0
Non-Fat Milk: 0
Fat: 2 1/2
Other Carbohydrates: 1/2

Nutrition Facts

Servings per Recipe: 16

Amount Per Serving

Calories 165 Calories from Fat: 106

% Daily Values*

Total Fat	12g	19%
Saturated Fat	7g	35%
Cholesterol	41mg	14%
Sodium	29mg	1%
Total Carbohydrates	14g	5%
Dietary Fiber	trace	1%
Protein	1g	
Vitamin A		9%
Vitamin C		1%
Calcium		2%
Iron		0%

* Percent Daily Values are based on a 2000 calorie diet.