

# Frozen Cranberry Salad

"Fruits of the Spirit" (2001) - Sue Smith  
Grapevine United Methodist Church - Port St. Lucie, FL

## Servings: 8

1/2 cup sugar  
1 carton (12 ounce) Cool Whip,  
thawed  
1 can (16 ounce) pineapple tidbits,  
drained  
1 can (16 ounce) whole berry  
cranberry sauce, stirred to soften  
2 bananas, sliced

In a bowl, stir the sugar into the Cool Whip.

Fold in the pineapple and cranberry sauce.

Place in a one-quart freezer-proof container.  
Cover.

Freeze overnight.

Per Serving (excluding unknown items): 76 Calories; trace Fat (1.6% calories from fat); trace Protein; 19g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; trace Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.

## Salads

### Per Serving Nutritional Analysis

Calories (kcal):	76
% Calories from Fat:	1.6%
% Calories from Carbohydrates:	96.9%
% Calories from Protein:	1.5%
Total Fat (g):	trace
Saturated Fat (g):	trace
Monounsaturated Fat (g):	trace
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	0mg
Carbohydrate (g):	19g
Dietary Fiber (g):	1g
Protein (g):	trace
Sodium (mg):	trace
Potassium (mg):	117mg
Calcium (mg):	2mg

Vitamin B6 (mg):	.2mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	6mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Daily Value:	0 0%

### Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	0
Fruit:	1/2
Non-Fat Milk:	0

**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 3mg  
**Vitamin A (i.u.):** 24IU  
**Vitamin A (r.e.):** 2 1/2RE

**Fat:** 0  
**Other Carbohydrates:** 1

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 76 Calories from Fat: 1

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	trace	0%
<b>Total Carbohydrates</b>	19g	6%
Dietary Fiber	1g	3%
<b>Protein</b>	trace	

<b>Vitamin A</b>	0%
<b>Vitamin C</b>	4%
<b>Calcium</b>	0%
<b>Iron</b>	1%

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