

# Cranberry Whip

*Publix Aprons*

**Servings: 8**

*12 ounces fresh cranberries*  
*1/2 cup brown sugar*  
*8 ounces Cool Whip whipped*  
*topping, thawed*  
*1/2 cup praline pecans, coarsely*  
*chopped*  
*1 cup red seedless grapes, halved*  
*1 can (8 ounce) crushed pineapple in*  
*juice, drained*  
*2 cups miniature marshmallows*  
*1/2 cup semi-sweet mini chocolate*  
*morsels*

**Preparation Time: 10 minutes**

Place the cranberries in a food processor bowl. Pulse until finely minced. Transfer to a large bowl.

Stir in the sugar. Cover and chill for 30 minutes (or overnight).

Thaw the whipped topping.

Chop the pecans. Halve the grapes (if needed). Drain the pineapple.

Stir the remaining ingredients (except the whipped topping) into the cranberry mixture.

Fold (gently stir) the whipped topping into the mixture until blended.

Chill until ready to serve.

Start to Finish Time: 40 minutes

Per Serving (excluding unknown items): 100 Calories; trace Fat (0.9% calories from fat); trace Protein; 26g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1/2 Fruit; 1 Other Carbohydrates.

**Side Dishes**

**Per Serving Nutritional Analysis**

<b>Calories (kcal):</b>	100	<b>Vitamin B6 (mg):</b>	.1mg
<b>% Calories from Fat:</b>	0.9%	<b>Vitamin B12 (mcg):</b>	0mcg
<b>% Calories from Carbohydrates:</b>	97.5%	<b>Thiamin B1 (mg):</b>	trace
<b>% Calories from Protein:</b>	1.6%	<b>Riboflavin B2 (mg):</b>	trace

**Total Fat (g):** trace  
**Saturated Fat (g):** trace  
**Monounsaturated Fat (g):** trace  
**Polyunsaturated Fat (g):** trace  
**Cholesterol (mg):** 0mg  
**Carbohydrate (g):** 26g  
**Dietary Fiber (g):** 2g  
**Protein (g):** trace  
**Sodium (mg):** 8mg  
**Potassium (mg):** 100mg  
**Calcium (mg):** 16mg  
**Iron (mg):** trace  
**Zinc (mg):** trace  
**Vitamin C (mg):** 9mg  
**Vitamin A (i.u.):** 31IU  
**Vitamin A (r.e.):** 3 1/2RE

**Folacin (mcg):** 2mcg  
**Niacin (mg):** trace  
**Caffeine (mg):** 0mg  
**Alcohol (kcal):** 0  
**% Daily Values\***

## Food Exchanges

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

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

**Calories** 100 **Calories from Fat:** 1

### % Daily Values\*

<b>Total Fat</b>	trace	0%
Saturated Fat	trace	0%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	8mg	0%
<b>Total Carbohydrates</b>	26g	9%
Dietary Fiber	2g	8%
<b>Protein</b>	trace	
<b>Vitamin A</b>		1%
<b>Vitamin C</b>		15%
<b>Calcium</b>		2%
<b>Iron</b>		2%

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