



## Breakfast Kabobs with Yogurt Dip

READY IN



25 min.

SERVINGS



4

CALORIES



471 kcal

MORNING MEAL

BRUNCH

BREAKFAST

### Ingredients

- ☐ 4 slices bread french cut into cubes (1/)
- ☐ 2 cups seasoning cubes
- ☐ 4 oz muenster cheese cubed
- ☐ 2 oz genoa salami hard thinly sliced
- ☐ 1 cup strawberries fresh halved
- ☐ 1 cup strawberry yogurt fat free 99% yoplait® (from 2-lb container)
- ☐ 8 frangelico
- ☐ 8 frangelico

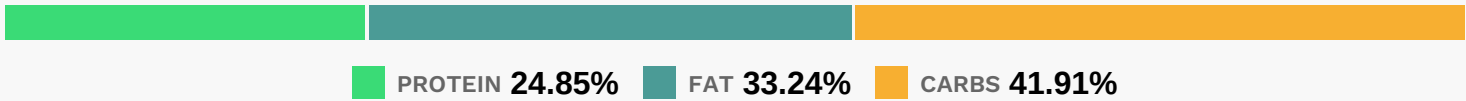
# Equipment

☐ wooden skewers

# Directions

- ☐ Onto wooden skewers, thread salami, cheese, fruit and bread.
- ☐ Serve kabobs with yogurt as a dip.

# Nutrition Facts



# Properties

Glycemic Index:43.88, Glycemic Load:26.57, Inflammation Score:-5, Nutrition Score:16.212174011313%

# Flavonoids

Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg, Cyanidin: 0.6mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg, Catechin: 1.12mg Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg, Epigallocatechin: 0.28mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

# Nutrients (% of daily need)

Calories: 471.16kcal (23.56%), Fat: 17.53g (26.97%), Saturated Fat: 7.75g (48.44%), Carbohydrates: 49.73g (16.58%), Net Carbohydrates: 47.42g (17.24%), Sugar: 16.58g (18.43%), Cholesterol: 74.46mg (24.82%), Sodium: 1660.75mg (72.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.49g (58.98%), Vitamin B1: 0.6mg (39.9%), Selenium: 26.16µg (37.37%), Vitamin B2: 0.53mg (31.11%), Calcium: 310.3mg (31.03%), Phosphorus: 288.75mg (28.88%), Vitamin C: 21.17mg (25.66%), Manganese: 0.49mg (24.33%), Folate: 91.05µg (22.76%), Vitamin B3: 4.05mg (20.23%), Vitamin B12: 1.13µg (18.87%), Iron: 3.4mg (18.87%), Zinc: 2.11mg (14.05%), Potassium: 329.94mg (9.43%), Fiber: 2.31g (9.25%), Magnesium: 35.93mg (8.98%), Vitamin B6: 0.18mg (8.96%), Copper: 0.15mg (7.3%), Vitamin A: 310.2IU (6.2%), Vitamin B5: 0.46mg (4.63%), Vitamin E: 0.31mg (2.08%), Vitamin K: 1.95µg (1.86%), Vitamin D: 0.17µg

(1.13%)