



## Brownie and Fruit Kabobs

 Dairy Free

READY IN



180 min.

SERVINGS



21

CALORIES



371 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 10 inch bamboo skewers
- 10 large banana cut into 1-inch pieces
- 1 box brownie mix
- 0.3 cup butter
- 4 cups pineapple chunks fresh
- 0.5 cup semi chocolate chips
- 5 cups strawberries fresh halved
- 21 servings vegetable oil for on brownie mix box

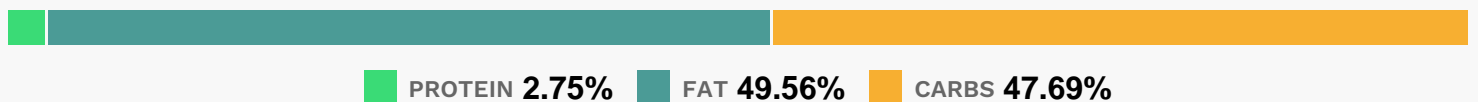
## Equipment

- bowl
- frying pan
- baking sheet
- oven
- toothpicks
- aluminum foil
- microwave
- skewers

## Directions

- Heat oven to 350 F (325 F for dark or nonstick pan). Line pan with foil, letting foil hang 2 inches over side of pan. Spray or grease bottom only of foil. Make brownies as directed on package.
- Spread in pan.
- Bake 28 to 30 minutes or until toothpick inserted 2 inches from side comes out almost clean. Cool completely. Lift brownie from pan; remove foil.
- Cut brownies into 1 1/4-inch squares.
- Line cookie sheets with waxed paper. Alternately, thread 3 brownie squares, 2 pineapple chunks, 2 strawberry halves and 2 banana slices on each skewer.
- Place kabobs on waxed paper.
- In small microwaveable bowl, microwave chocolate chips and butter uncovered on High 1 to 2 minutes, stirring once until chocolate is melted.
- Drizzle over kabobs.

## Nutrition Facts



## Properties

Glycemic Index:6.04, Glycemic Load:7.95, Inflammation Score:-4, Nutrition Score:8.199130381579%

## Flavonoids

Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg, Cyanidin: 0.58mg 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: 8.52mg, Pelargonidin: 8.52mg, Pelargonidin: 8.52mg, Pelargonidin: 8.52mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 5.02mg, Catechin: 5.02mg, Catechin: 5.02mg, Catechin: 5.02mg Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg, Epigallocatechin: 0.27mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg 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: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg, Quercetin: 0.42mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 370.98kcal (18.55%), Fat: 21.13g (32.5%), Saturated Fat: 4.25g (26.54%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 42.42g (15.43%), Sugar: 29.65g (32.94%), Cholesterol: 0.26mg (0.09%), Sodium: 98.35mg (4.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 3.69mg (1.23%), Protein: 2.64g (5.28%), Vitamin C: 30.05mg (36.42%), Vitamin K: 27.45µg (26.14%), Manganese: 0.37mg (18.29%), Vitamin B6: 0.29mg (14.55%), Fiber: 3.32g (13.26%), Potassium: 366.59mg (10.47%), Vitamin E: 1.44mg (9.57%), Magnesium: 36.37mg (9.09%), Copper: 0.17mg (8.5%), Iron: 1.4mg (7.75%), Folate: 23.5µg (5.87%), Vitamin B1: 0.08mg (5.08%), Vitamin B2: 0.07mg (3.98%), Phosphorus: 37.7mg (3.77%), Vitamin B3: 0.73mg (3.65%), Vitamin A: 167.06IU (3.34%), Vitamin B5: 0.28mg (2.75%), Zinc: 0.31mg (2.08%), Calcium: 19.5mg (1.95%), Selenium: 1.33µg (1.9%)