



Cheese and Fruit Kabobs

 Vegetarian  Gluten Free

READY IN



10 min.

SERVINGS



10

CALORIES



175 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 8 oz colby & monterey jack cheese cut into 16 cubes kraft
- 4 kiwi fruit peeled quartered
- 16 grapes red seedless
- 16 small strawberries fresh
- 6 oz strawberry yogurt low-fat
- 4 oz jell-o vanilla pudding snack

Equipment

- wooden skewers

Directions

- Arrange 1 each cheese cube, grape, strawberry and kiwi chunk on each of 16 small straws or wooden skewers.
- Serve as dippers with the pudding and yogurt.

Nutrition Facts



Properties

Glycemic Index:16.57, Glycemic Load:3.04, Inflammation Score:-3, Nutrition Score:6.8269565753315%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 2.78mg, Pelargonidin: 2.78mg, Pelargonidin: 2.78mg, Pelargonidin: 2.78mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 175.14kcal (8.76%), Fat: 7.28g (11.2%), Saturated Fat: 4.44g (27.77%), Carbohydrates: 21.55g (7.18%), Net Carbohydrates: 20.04g (7.29%), Sugar: 17.1g (19%), Cholesterol: 21.72mg (7.24%), Sodium: 219.53mg (9.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.51%), Vitamin C: 34.03mg (41.25%), Calcium: 203.46mg (20.35%), Vitamin K: 16.65µg (15.86%), Phosphorus: 130.86mg (13.09%), Vitamin B2: 0.14mg (8.1%), Fiber: 1.51g (6.03%), Zinc: 0.75mg (5.03%), Selenium: 3.52µg (5.02%), Vitamin B12: 0.28µg (4.61%), Potassium: 155.23mg (4.44%), Manganese: 0.09mg (4.4%), Vitamin A: 217.97IU (4.36%), Folate: 16.39µg (4.1%), Vitamin E: 0.58mg (3.87%), Copper: 0.07mg (3.7%), Magnesium: 13.96mg (3.49%), Vitamin B6: 0.05mg (2.61%), Iron: 0.36mg (1.98%), Vitamin B1: 0.02mg (1.43%), Vitamin B5: 0.13mg (1.32%), Vitamin B3: 0.21mg (1.07%)