



Curried Fruit Kabobs

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



12

CALORIES



106 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 small bananas peeled cut into 1-inch slices
- ☐ 2 teaspoons curry powder
- ☐ 0.5 teaspoon ground ginger
- ☐ 2 tablespoons honey
- ☐ 3 kiwifruit peeled quartered
- ☐ 0.3 cup rum light
- ☐ 0.3 cup pineapple-orange-banana juice concentrate frozen undiluted thawed
- ☐ 0.5 pineapple fresh cut into 1-inch cubes

- ☐ 4 medium plums pitted quartered
- ☐ 8 ounce carton vanilla yogurt low-fat

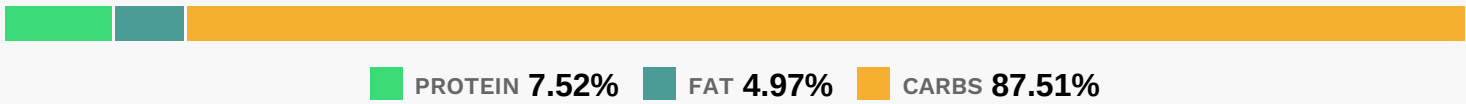
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ skewers
- ☐ wooden skewers

Directions

- ☐ Place first 4 ingredients in a large bowl.
- ☐ Combine juice concentrate, rum, honey, curry, and ginger; stir well.
- ☐ Pour juice mixture over fruit, and toss gently. Cover and chill 3 hours, stirring occasionally.
- ☐ Soak 12 (6-inch) wooden skewers in water for 30 minutes.
- ☐ Drain fruit mixture, reserving 2 tablespoons juice. Thread fruit alternately onto skewers.
- ☐ Place kabobs on a baking sheet coated with cooking spray. Broil 3 inches from heat (with electric oven door partially opened) 3 to 4 minutes on each side or until fruit is lightly browned.
- ☐ Combine 2 tablespoons reserved juice mixture and yogurt; stir well.
- ☐ Serve kabobs with yogurt sauce.

Nutrition Facts



Properties

Glycemic Index:23.09, Glycemic Load:8.13, Inflammation Score:-4, Nutrition Score:7.5426086653834%

Flavonoids

Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg, Cyanidin: 1.24mg Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg, Peonidin: 0.07mg Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg, Catechin: 1.66mg

Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg
Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg, Epicatechin: 0.77mg Epicatechin 3–gallate:
0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg, Epicatechin 3–gallate: 0.17mg
Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg, Epigallocatechin 3–gallate: 0.11mg,
Epigallocatechin 3–gallate: 0.11mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol:
0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.01mg, Myricetin: 0.01mg,
Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin:
0.27mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 105.52kcal (5.28%), Fat: 0.56g (0.87%), Saturated Fat: 0.2g (1.24%), Carbohydrates: 22.3g (7.43%), Net
Carbohydrates: 20.15g (7.33%), Sugar: 17.25g (19.16%), Cholesterol: 0.94mg (0.31%), Sodium: 14.96mg (0.65%),
Alcohol: 1.67g (100%), Alcohol %: 1.59% (100%), Protein: 1.92g (3.83%), Vitamin C: 47.36mg (57.41%), Manganese:
0.48mg (23.9%), Vitamin K: 11.3µg (10.76%), Fiber: 2.14g (8.58%), Vitamin B6: 0.15mg (7.67%), Potassium: 267.72mg
(7.65%), Folate: 24.4µg (6.1%), Copper: 0.11mg (5.45%), Calcium: 51.49mg (5.15%), Magnesium: 20.44mg (5.11%),
Vitamin B2: 0.09mg (5.1%), Phosphorus: 48.74mg (4.87%), Vitamin B1: 0.07mg (4.85%), Vitamin B5: 0.35mg
(3.48%), Vitamin E: 0.49mg (3.27%), Vitamin A: 162.2IU (3.24%), Vitamin B3: 0.59mg (2.93%), Iron: 0.41mg (2.28%),
Zinc: 0.32mg (2.11%), Selenium: 1.33µg (1.9%), Vitamin B12: 0.1µg (1.67%)