



Design-Your-Own Kabobs with Fruit Sauces

 Dairy Free

READY IN



90 min.

SERVINGS



8

CALORIES



611 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 16.5 oz plums drained canned
- 6 oz lemonade concentrate frozen thawed canned
- 0.3 cup butter
- 0.3 cup onion finely chopped
- 0.3 cup chili sauce
- 1 tablespoon dijon mustard
- 5.5 oz all-natural apricot nectar canned
- 0.5 cup apricot dried chopped

- 1 tablespoon shallots chopped
- 0.8 cup plum tomatoes chopped (Roma)
- 2 teaspoons rosemary dried fresh crumbled chopped
- 1 teaspoon juice of lemon
- 0.1 teaspoon ground cinnamon
- 0.1 teaspoon ground ginger
- 2 tablespoons parsley fresh chopped
- 0.5 lb beef top sirloin steaks boneless cut into 1-inch cubes
- 0.5 lb chicken breast boneless skinless cut into 1-inch pieces
- 0.5 lb ground sausage smoked italian cut into 1-inch pieces (or sausage such as kielbasa)
- 0.8 lb shells frozen thawed uncooked
- 16 small baby potatoes cooked (15 minutes)
- 16 mushrooms fresh whole
- 3 medium to 3 sized squashes yellow cut into 1-inch slices
- 1 bell pepper cut into 1-inch pieces
- 1 large pearl onions cut into 24 pieces or 24 pearl onions
- 1 serving salad dressing italian

Equipment

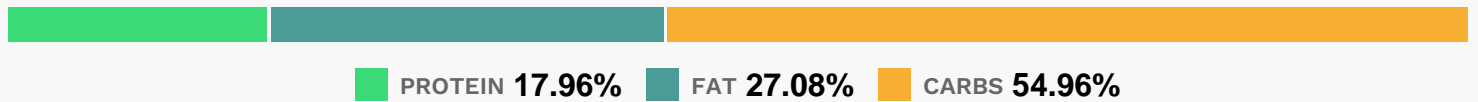
- sauce pan
- blender
- grill
- skewers

Directions

- In blender, place plums and lemonade concentrate. Cover and blend on medium speed until smooth; set aside. In 2-quart saucepan, melt butter over medium heat. Cook onion in butter about 2 minutes, stirring occasionally, until tender. Stir plum mixture and remaining sauce ingredients into onions.

- Heat to boiling; reduce heat. Simmer uncovered 15 minutes, stirring occasionally.
- In 2-quart saucepan, mix apricot nectar, apricots and shallots.
- Heat to boiling over medium heat; reduce heat. Simmer uncovered 3 to 5 minutes or until most of nectar is absorbed. Stir in remaining salsa ingredients except parsley; heat through. Stir in parsley.
- Heat coals or gas grill for direct heat. Thread 4 or 5 meat pieces alternately with potatoes, mushrooms, zucchini, bell pepper and onion on each of 8 large (15-inch) or 16 small metal or bamboo skewers, leaving space between each piece.
- Cover and grill kabobs over medium heat 10 to 15 minutes, turning and brushing 2 or 3 times with dressing, until meats are done. When done, beef, chicken and sausage are no longer pink in center and shrimp are pink and firm.
- Serve kabobs with warm or cold sauce and salsa.

Nutrition Facts



Properties

Glycemic Index:72.85, Glycemic Load:32.38, Inflammation Score:-9, Nutrition Score:32.159999857778%

Flavonoids

Cyanidin: 3.29mg, Cyanidin: 3.29mg, Cyanidin: 3.29mg, Cyanidin: 3.29mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg, Catechin: 1.69mg Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg, Epigallocatechin: 0.14mg Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg, Epicatechin: 1.87mg Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg, Epicatechin 3-gallate: 0.44mg Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg, Epigallocatechin 3-gallate: 0.23mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg, Kaempferol: 0.99mg Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg, Myricetin: 0.18mg Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg, Quercetin: 3.25mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 611.46kcal (30.57%), Fat: 18.72g (28.81%), Saturated Fat: 5.27g (32.93%), Carbohydrates: 85.52g (28.51%), Net Carbohydrates: 77.87g (28.32%), Sugar: 29.76g (33.06%), Cholesterol: 56.42mg (18.81%), Sodium: 511.98mg (22.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.95g (55.9%), Vitamin C: 76.33mg (92.52%), Selenium: 57.07µg (81.53%), Vitamin B6: 1.2mg (60.18%), Vitamin B3: 10.39mg (51.92%), Manganese: 0.87mg (43.74%), Potassium: 1526.53mg (43.62%), Phosphorus: 405.55mg (40.56%), Vitamin A: 1959.02IU (39.18%), Vitamin B1: 0.46mg (30.96%), Fiber: 7.65g (30.59%), Vitamin K: 30.38µg (28.94%), Vitamin B2: 0.49mg (28.89%), Copper: 0.56mg (28.18%), Magnesium: 99.76mg (24.94%), Zinc: 3.39mg (22.62%), Vitamin B5: 2.22mg (22.23%), Folate: 81.15µg (20.29%), Iron: 3.48mg (19.31%), Vitamin E: 1.72mg (11.46%), Vitamin B12: 0.6µg (10.07%), Calcium: 72.25mg (7.23%)