



Frozen Fruit Skewers With Honey-Yogurt Dip



Vegetarian



Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

Ingredients

- ☐ 8 inch bamboo
- ☐ 1 cup yogurt plain fat-free greek-style such as Fage
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 3 tablespoons honey sweet canned You can adjust the amount of honey to suit your tooth.
- ☐ 3 kiwifruit peeled cut into 1/2-inch cubes 24
- ☐ 3 ounces cream cheese softened reduced-fat
- ☐ 2 mangoes ripe peeled cut into 1/2-inch-thick cubes 24
- ☐ 1 teaspoon orange zest

- ☐ 24 grapes red seedless
- ☐ 1 pint strawberries halved

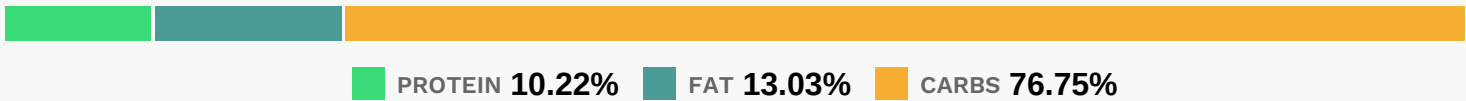
Equipment

- ☐ food processor
- ☐ baking sheet
- ☐ blender
- ☐ ziploc bags
- ☐ skewers

Directions

- ☐ Combine the first 5 ingredients (through orange zest) in a blender or food processor; process until blended. Refrigerate at least 20 minutes or until mixture sets.
- ☐ Thread fruit alternately onto skewers, using 2 pieces of each fruit per skewer.
- ☐ Place skewers in a single layer on a small rimmed baking sheet. Freeze at least 1 hour or until fruit is frozen through. (Once frozen, skewers can be placed in a resealable zip-top plastic bag and kept in the freezer for up to 2 weeks.)
- ☐ Thaw fruit about 15 minutes before serving.
- ☐ Serve with dip.

Nutrition Facts



Properties

Glycemic Index:69.92, Glycemic Load:22.99, Inflammation Score:-9, Nutrition Score:19.488260857437%

Flavonoids

Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg, Cyanidin: 2.09mg Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg, Petunidin: 0.13mg Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg, Delphinidin: 0.39mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 29.42mg, Pelargonidin: 29.42mg, Pelargonidin: 29.42mg, Pelargonidin: 29.42mg Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 5.46mg, Catechin: 5.46mg, Catechin: 5.46mg, Catechin: 5.46mg

Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg
Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg, Epicatechin: 0.68mg Epicatechin 3–gallate:
0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg, Epicatechin 3–gallate: 0.18mg
Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg, Epigallocatechin 3–gallate: 0.19mg,
Epigallocatechin 3–gallate: 0.19mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg
Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg,
Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol: 1.35mg, Kaempferol:
1.35mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.34mg, Quercetin:
1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg Gallocatechin: 0.04mg, Gallocatechin: 0.04mg, Gallocatechin:
0.04mg, Gallocatechin: 0.04mg

Nutrients (% of daily need)

Calories: 286.91kcal (14.35%), Fat: 4.48g (6.9%), Saturated Fat: 2.16g (13.5%), Carbohydrates: 59.39g (19.8%), Net
Carbohydrates: 52.83g (19.21%), Sugar: 49.72g (55.25%), Cholesterol: 12.71mg (4.24%), Sodium: 130.74mg (5.68%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.91g (15.81%), Vitamin C: 160.54mg (194.6%), Vitamin K:
39.23µg (37.36%), Manganese: 0.66mg (32.89%), Vitamin A: 1338.03IU (26.76%), Fiber: 6.56g (26.25%), Folate:
103.26µg (25.81%), Potassium: 769.86mg (22%), Calcium: 213.96mg (21.4%), Phosphorus: 202.65mg (20.27%),
Vitamin B2: 0.29mg (17.29%), Copper: 0.33mg (16.48%), Vitamin E: 2.31mg (15.42%), Vitamin B6: 0.3mg (15%),
Magnesium: 52.79mg (13.2%), Vitamin B5: 1.08mg (10.82%), Vitamin B12: 0.57µg (9.49%), Vitamin B1: 0.14mg
(9.09%), Vitamin B3: 1.59mg (7.96%), Zinc: 1.16mg (7.75%), Selenium: 4.48µg (6.39%), Iron: 1.11mg (6.17%)