

Fruit Kabobs

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



12

CALORIES



80 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 4.5 teaspoons coconut flakes flaked
- 1.5 cups vanilla yogurt fat-free
- 0.3 pound grapes
- 1 tablespoon juice of lemon
- 4.5 teaspoons orange marmalade reduced-sugar
- 1 medium pears cut into 1-inch chunks
- 8 ounces pineapple chunks unsweetened drained canned
- 24 strawberries fresh

- 1 medium baking apples are apples that have a sweet-tart balance and hold their shape when cut into 1-inch chunks

Equipment

- bowl
- wooden skewers

Directions

- Toss apple and pear with lemon juice. Divide fruit into 12 portions and thread onto wooden skewers.
- Combine dip ingredients in a small bowl; serve with the kabobs.

Nutrition Facts



PROTEIN 8.42% **FAT 4.84%** **CARBS 86.74%**

Properties

Glycemic Index:12.9, Glycemic Load:2.51, Inflammation Score:-2, Nutrition Score:3.8243478562521%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg, Catechin: 0.98mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 80.18kcal (4.01%), Fat: 0.46g (0.71%), Saturated Fat: 0.27g (1.68%), Carbohydrates: 18.58g (6.19%), Net Carbohydrates: 16.86g (6.13%), Sugar: 15.81g (17.57%), Cholesterol: 0.61mg (0.2%), Sodium: 20.3mg (0.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.8g (3.61%), Vitamin C: 18.36mg (22.25%), Fiber: 1.72g (6.87%), Manganese: 0.13mg (6.67%), Calcium: 57.77mg (5.78%), Potassium: 175.35mg (5.01%), Phosphorus: 49.84mg (4.98%), Vitamin B2: 0.08mg (4.71%), Copper: 0.07mg (3.45%), Magnesium: 13.47mg (3.37%), Vitamin B1: 0.05mg (3.25%), Vitamin K: 3.36µg (3.2%), Selenium: 2.12µg (3.03%), Vitamin B6: 0.06mg (2.93%), Folate: 11.66µg (2.92%), Vitamin B12: 0.14µg (2.4%), Zinc: 0.32mg (2.11%), Iron: 0.27mg (1.49%), Vitamin B3: 0.24mg (1.19%), Vitamin E: 0.16mg (1.07%)