



Fruit Kabobs with Coconut Dressing

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



20

CALORIES



122 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1.5 tablespoons coconut or flaked
- 1 tablespoon juice of lemon
- 1.5 cups vanilla yogurt low-fat
- 1.5 tablespoons low-sugar orange marmalade
- 1 medium pears
- 20 chunks pineapple fresh (1-inch)
- 1 medium size delicious apple red
- 20 grapes green red seedless

20 strawberries fresh

Equipment

wooden skewers

Directions

Combine first 3 ingredients; cover and chill.

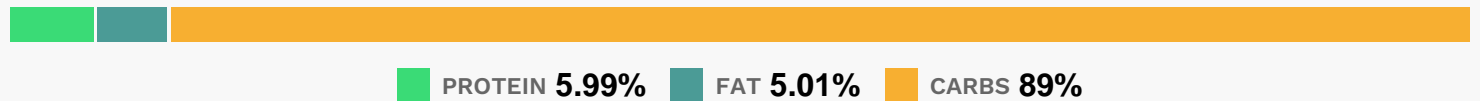
Core apple and pear; cut each into 20 bite-size pieces. Toss apple and pear pieces with lemon juice.

Thread fruit alternately onto 20 (6-inch) wooden skewers.

Serve kabobs with coconut dressing.

Note: Since coconut is a plant food, it contains no cholesterol. However, coconut is very high in fat, and the fat is mostly saturated, which increases blood cholesterol. If you're a coconut lover, don't give it up altogether; enjoy it in very small amounts as in the recipe above.

Nutrition Facts



Properties

Glycemic Index:10.67, Glycemic Load:12.72, Inflammation Score:-5, Nutrition Score:12.494782743247%

Flavonoids

Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg, Cyanidin: 0.53mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg, Catechin: 0.52mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg, Epicatechin: 1.07mg 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 Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg, Isorhamnetin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg

Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 121.54kcal (6.08%), Fat: 0.74g (1.14%), Saturated Fat: 0.39g (2.42%), Carbohydrates: 29.72g (9.91%), Net Carbohydrates: 26.56g (9.66%), Sugar: 22.91g (25.46%), Cholesterol: 0.92mg (0.31%), Sodium: 15.16mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2g (4%), Vitamin C: 87.4mg (105.94%), Manganese: 1.6mg (79.91%), Fiber: 3.16g (12.65%), Vitamin B6: 0.21mg (10.55%), Copper: 0.21mg (10.51%), Vitamin B1: 0.15mg (9.83%), Folate: 35.92µg (8.98%), Potassium: 271.43mg (7.76%), Magnesium: 26.14mg (6.54%), Vitamin B2: 0.1mg (5.97%), Calcium: 57.35mg (5.74%), Vitamin B5: 0.48mg (4.84%), Vitamin B3: 0.93mg (4.63%), Phosphorus: 44.85mg (4.48%), Iron: 0.6mg (3.34%), Vitamin K: 2.76µg (2.63%), Zinc: 0.39mg (2.61%), Vitamin A: 116.46IU (2.33%), Selenium: 1.21µg (1.72%), Vitamin B12: 0.1µg (1.62%)