



Fruit Kabobs with Lemon Curd Dip

 Gluten Free

READY IN



15 min.

SERVINGS



15

CALORIES



72 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 large bananas
- ☐ 2 kiwifruit peeled
- ☐ 1 large optional: lemon
- ☐ 2 tablespoons lemon curd
- ☐ 8 ounce carton vanilla nonfat yogurt
- ☐ 2 cups pineapple chunks fresh canned drained
- ☐ 8 strawberries fresh halved
- ☐ 1 tablespoon sugar

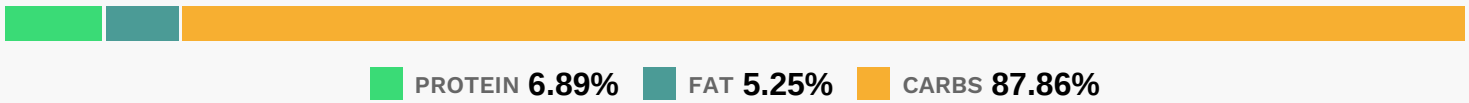
Equipment

- ☐ bowl
- ☐ skewers

Directions

- ☐ Grate and juice lemon, reserving juice and 2 teaspoons rind.
- ☐ Combine 1 teaspoon lemon rind, yogurt, and lemon curd in a small bowl.
- ☐ Peel bananas, and cut into 1-inch slices; add lemon juice, and toss well.
- ☐ Cut kiwifruit in half lengthwise; cut into 1/2-inch slices. Thread banana, kiwifruit, pineapple, and strawberries on 6-inch bamboo skewers.
- ☐ Combine sugar and remaining 1 teaspoon lemon rind; sprinkle over fruit kabobs, coating evenly.
- ☐ Serve with lemon curd dip.

Nutrition Facts



Properties

Glycemic Index:16.2, Glycemic Load:3.53, Inflammation Score:-2, Nutrition Score:3.7813043101974%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.59mg, Pelargonidin: 1.59mg, Pelargonidin: 1.59mg, Pelargonidin: 1.59mg Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg, Catechin: 1.31mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg, Eriodictyol: 1.54mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin:

0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 72.17kcal (3.61%), Fat: 0.45g (0.7%), Saturated Fat: 0.2g (1.23%), Carbohydrates: 17.1g (5.7%), Net Carbohydrates: 15.52g (5.64%), Sugar: 13.49g (14.98%), Cholesterol: 0.3mg (0.1%), Sodium: 17.69mg (0.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.34g (2.68%), Vitamin C: 21.29mg (25.81%), Fiber: 1.58g (6.32%), Vitamin B6: 0.11mg (5.62%), Vitamin K: 5.51µg (5.25%), Potassium: 177.13mg (5.06%), Manganese: 0.09mg (4.65%), Magnesium: 15.25mg (3.81%), Calcium: 36.09mg (3.61%), Copper: 0.07mg (3.58%), Vitamin B1: 0.05mg (3.44%), Vitamin B2: 0.05mg (3.12%), Phosphorus: 31mg (3.1%), Folate: 12.05µg (3.01%), Selenium: 1.3µg (1.85%), Vitamin B3: 0.3mg (1.51%), Vitamin E: 0.22mg (1.47%), Iron: 0.25mg (1.36%), Zinc: 0.2mg (1.34%), Vitamin B12: 0.07µg (1.18%), Vitamin B5: 0.1mg (1.04%)