



Fruit Kabobs with Lemony Dip

 Gluten Free

READY IN



75 min.

SERVINGS



10

CALORIES



172 kcal

SIDE DISH

Ingredients

- 1.5 lb bananas cut into 1-inch chunks
- 1.5 lb kiwi fruit peeled quartered
- 6 oz lemon yogurt low-fat
- 20 oz pineapple chunks in juice drained canned
- 4 cups strawberries fresh
- 0.5 cup cool whip lite whipped topping thawed

Equipment

- skewers

Directions

- Mix yogurt and COOL WHIP. Refrigerate 1 hour.
- Thread fruit onto 20 small straws or skewers.
- Serve as dippers with yogurt mixture.

Nutrition Facts



PROTEIN 6.7% **FAT 7.26%** **CARBS 86.04%**

Properties

Glycemic Index:14.74, Glycemic Load:12.78, Inflammation Score:-6, Nutrition Score:13.537826030151%

Flavonoids

Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg, Cyanidin: 0.97mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg, Pelargonidin: 14.31mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 5.94mg, Catechin: 5.94mg, Catechin: 5.94mg, Catechin: 5.94mg Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg, Epigallocatechin: 0.45mg Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg, Epicatechin: 0.44mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg, Quercetin: 0.71mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 171.58kcal (8.58%), Fat: 1.51g (2.33%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 40.37g (13.46%), Net Carbohydrates: 34.67g (12.61%), Sugar: 27.4g (30.45%), Cholesterol: 1.1mg (0.37%), Sodium: 19.83mg (0.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.14g (6.29%), Vitamin C: 96.08mg (116.46%), Vitamin K: 29.58µg (28.17%), Manganese: 0.47mg (23.67%), Fiber: 5.7g (22.8%), Vitamin B6: 0.37mg (18.49%), Potassium: 580.32mg (16.58%), Folate: 49.94µg (12.49%), Magnesium: 48.4mg (12.1%), Copper: 0.24mg (11.76%), Phosphorus: 83.16mg (8.32%), Vitamin B1: 0.12mg (7.96%), Calcium: 79.29mg (7.93%), Vitamin B2: 0.13mg (7.71%), Vitamin E: 1.15mg (7.7%), Vitamin B3: 1.11mg (5.55%), Vitamin B5: 0.52mg (5.24%), Iron: 0.75mg (4.18%), Zinc: 0.49mg (3.27%), Vitamin A: 149.45IU (2.99%), Selenium: 1.92µg (2.75%), Vitamin B12: 0.1µg (1.71%)