



Fruit Kabobs with Pineapple Dip

 Vegetarian  Gluten Free

READY IN



75 min.

SERVINGS



8

CALORIES



142 kcal

SIDE DISH

Ingredients

- 0.5 package cream cheese softened reduced-fat (8-oz size) (Neufchâtel)
- 6 oz vanilla yogurt fat free 99% yoplait®
- 0.3 cup honey
- 0.5 can pineapple rings drained sliced finely chopped ()
- 0.5 can pineapple rings drained sliced ()
- 16 grapes green seedless
- 0.5 can mandarin orange segments drained (11-oz size)
- 8 strawberries cut in half

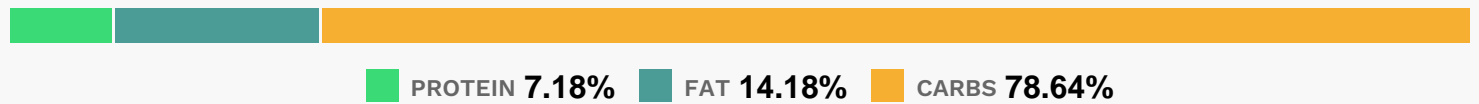
Equipment

- bowl
- wooden skewers

Directions

- In medium bowl, mix cream cheese, yogurt and honey until creamy. Fold in chopped pineapple. Cover; refrigerate at least 1 hour to blend flavors.
- Cut pineapple slices into eighths. Thread any combination of about 4 pieces fruit on each of 16 plastic or wooden skewers.
- Serve with dip.

Nutrition Facts



Properties

Glycemic Index:22.53, Glycemic Load:6.37, Inflammation Score:-3, Nutrition Score:4.6800000628699%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg 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, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg, Naringenin: 1.59mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 142.23kcal (7.11%), Fat: 2.38g (3.66%), Saturated Fat: 1.33g (8.31%), Carbohydrates: 29.73g (9.91%), Net Carbohydrates: 28.18g (10.25%), Sugar: 27.43g (30.48%), Cholesterol: 8.05mg (2.68%), Sodium: 64.8mg (2.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.72g (5.43%), Vitamin C: 18.38mg (22.28%), Calcium: 73.86mg

(7.39%), Vitamin B1: 0.11mg (7.01%), Potassium: 232.67mg (6.65%), Fiber: 1.55g (6.2%), Phosphorus: 60.14mg (6.01%), Vitamin B2: 0.1mg (5.8%), Copper: 0.11mg (5.57%), Vitamin B6: 0.1mg (4.84%), Magnesium: 19.27mg (4.82%), Vitamin A: 229.92IU (4.6%), Manganese: 0.08mg (3.85%), Vitamin B12: 0.23µg (3.83%), Folate: 13.92µg (3.48%), Selenium: 2.28µg (3.26%), Vitamin K: 2.61µg (2.48%), Zinc: 0.37mg (2.44%), Iron: 0.39mg (2.17%), Vitamin B3: 0.38mg (1.88%), Vitamin B5: 0.18mg (1.8%)