



Fruit Kabobs with Tropical Fruit Coulis

 **Gluten Free**  **Dairy Free**

READY IN



40 min.

SERVINGS



24

CALORIES



132 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups oz. bacon into pieces fresh assorted (pineapple, watermelon and cantaloupe)
- 1 cup grapes green
- 1 cup blueberries red
- 3 small star fruit cut into 24 slices
- 2 large mangos seeds removed and cut into large pieces peeled
- 0.3 cup pineapple preserves

Equipment

- food processor

- bowl
- skewers

Directions

- Thread 4 to 6 pieces of fruits (except mangoes) on each of twenty-four 6-inch skewers.
- Place skewers on large serving platter; set aside.
- In food processor, place mango pieces and pineapple preserves. Cover and process until smooth; pour into small serving bowl.
- Serve kabobs with mango coulis.

Nutrition Facts

PROTEIN 36.64% **FAT 40.86%** **CARBS 22.5%**

Properties

Glycemic Index:9.53, Glycemic Load:3.44, Inflammation Score:-2, Nutrition Score:1.7591304157091%

Flavonoids

Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg, Cyanidin: 0.54mg Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg, Petunidin: 1.94mg Delphinidin: 2.19mg, Delphinidin: 2.19mg, Delphinidin: 2.19mg, Delphinidin: 2.19mg Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg, Malvidin: 4.17mg Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg, Peonidin: 1.25mg Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg, Catechin: 0.62mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 131.62kcal (6.58%), Fat: 6.17g (9.5%), Saturated Fat: 4.06g (25.39%), Carbohydrates: 7.65g (2.55%), Net Carbohydrates: 6.89g (2.5%), Sugar: 6.02g (6.69%), Cholesterol: 40.37mg (13.46%), Sodium: 849.17mg (36.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.46g (24.91%), Vitamin C: 10.4mg (12.61%), Vitamin A: 199.46IU (3.99%), Fiber: 0.76g (3.06%), Vitamin K: 2.83µg (2.7%), Folate: 9.35µg (2.34%), Copper: 0.05mg (2.31%), Manganese: 0.04mg (2.04%), Potassium: 60.11mg (1.72%), Vitamin B6: 0.03mg (1.57%), Vitamin E: 0.22mg (1.46%), Vitamin B2: 0.02mg (1.03%)