



Fruit Kabobs with Tropical Fruit Coulis



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



24

CALORIES



65 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

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

Equipment

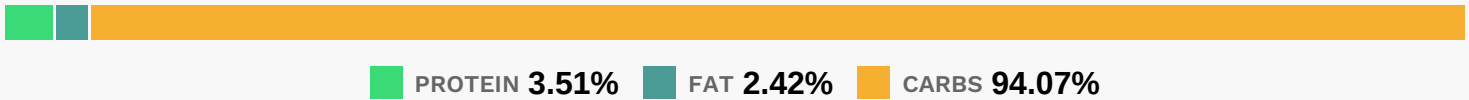
- ☐ food processor

- ☐ 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



Properties

Glycemic Index:9.53, Glycemic Load:3.44, Inflammation Score:-3, Nutrition Score:2.744347817224%

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: 64.54kcal (3.23%), Fat: 0.19g (0.29%), Saturated Fat: 0.03g (0.18%), Carbohydrates: 16.33g (5.44%), Net Carbohydrates: 14.62g (5.32%), Sugar: 12.68g (14.09%), Cholesterol: 0mg (0%), Sodium: 4.63mg (0.2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.61g (1.22%), Vitamin C: 11.7mg (14.19%), Vitamin A: 378.4IU (7.57%), Fiber: 1.71g (6.85%), Vitamin K: 5.56µg (5.29%), Copper: 0.09mg (4.53%), Potassium: 112.84mg (3.22%), Manganese: 0.06mg (2.84%), Folate: 10.54µg (2.63%), Vitamin B3: 0.42mg (2.09%), Vitamin B6: 0.04mg (2.04%), Vitamin B2: 0.03mg (1.87%), Magnesium: 6.51mg (1.63%), Iron: 0.28mg (1.53%), Vitamin E: 0.22mg (1.46%), Vitamin B1: 0.02mg (1.36%), Phosphorus: 13.25mg (1.32%), Vitamin B5: 0.1mg (1.04%)