



Fruit Kebabs



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



3636 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 textured vegetable protein
- ☐ 2 teaspoons mint leaves fresh chopped
- ☐ 4 wedges honeydew melon
- ☐ 2 tablespoons orange juice
- ☐ 4 watermelon

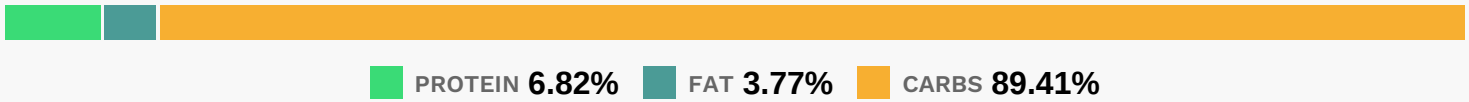
Equipment

- ☐ skewers

Directions

- ☐ Thread 2 cantaloupe, 2 honeydew, and 2 watermelon chunks alternately onto each of 2 (10-inch) skewers.
- ☐ Place in a shallow airtight container; drizzle juice over kebabs, and sprinkle with mint. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:63.33, Glycemic Load:481.38, Inflammation Score:-10, Nutrition Score:80.191739289657%

Flavonoids

Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg, Epigallocatechin: 1.02mg
Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Eriodictyol: 0.06mg,
Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 2.04mg, Hesperetin: 2.04mg,
Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin:
0.36mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 41.41mg, Luteolin:
41.41mg, Luteolin: 41.41mg, Luteolin: 41.41mg Kaempferol: 40.5mg, Kaempferol: 40.5mg, Kaempferol: 40.5mg,
Kaempferol: 40.5mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin:
0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 3635.54kcal (181.78%), Fat: 17.12g (26.34%), Saturated Fat: 2.42g (15.11%), Carbohydrates: 914.53g (304.84%), Net Carbohydrates: 857.7g (311.89%), Sugar: 767.53g (852.81%), Cholesterol: 0mg (0%), Sodium: 551.16mg (23.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 69.78g (139.56%), Vitamin C: 1198.33mg (1452.52%), Vitamin A: 52528.25IU (1050.56%), Potassium: 15951.37mg (455.75%), Vitamin B6: 6.31mg (315.49%), Magnesium: 1157.95mg (289.49%), Vitamin B1: 3.96mg (263.88%), Vitamin B5: 23.89mg (238.91%), Fiber: 56.83g (227.33%), Copper: 4.4mg (220.11%), Manganese: 4.11mg (205.74%), Folate: 761.61µg (190.4%), Iron: 26.2mg (145.55%), Vitamin B3: 26.79mg (133.95%), Vitamin B2: 2.2mg (129.56%), Phosphorus: 1274.56mg (127.46%), Vitamin K: 83.26µg (79.29%), Calcium: 791.91mg (79.19%), Selenium: 53.94µg (77.05%), Zinc: 11.31mg (75.42%), Vitamin E: 5.02mg (33.46%)