



Fruit Kebabs with Almond Syrup and Amaretti Crumbs

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



183 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 teaspoon almond extract
- 2 tablespoons amaretti cookie crumbs (16 small cookies)
- 2 tablespoons brown sugar
- 1 cup pineapple fresh cubed (1-inch)
- 1 medium plum cut into 4 wedges

Equipment

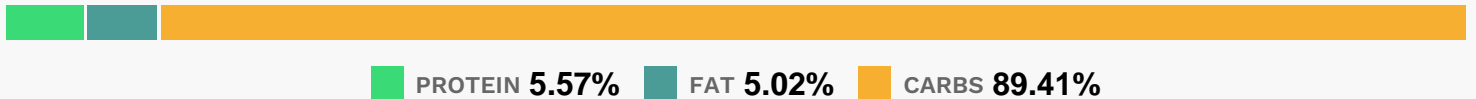
- bowl

- grill
- broiler
- skewers
- broiler pan

Directions

- Combine first 4 ingredients in a bowl; stir well.
- Let stand 15 minutes.
- Remove fruit from bowl, reserving syrup.
- Thread pineapple cubes and plum wedges alternately onto 2 (6-inch) skewers. Prepare grill or broiler.
- Place kebabs on grill rack or broiler pan coated with cooking spray; grill or broil 4 minutes on each side or until thoroughly heated.
- Drizzle reserved syrup over kebabs; sprinkle with cookie crumbs.
- Serve with vanilla low-fat ice cream, if desired.

Nutrition Facts



Properties

Glycemic Index:49.46, Glycemic Load:8.26, Inflammation Score:-4, Nutrition Score:7.5934781561727%

Flavonoids

Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg, Cyanidin: 1.44mg Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg, Catechin: 3.69mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg, Epicatechin: 1.75mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg, Quercetin: 0.61mg

Nutrients (% of daily need)

Calories: 183.33kcal (9.17%), Fat: 1.08g (1.66%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 43.21g (14.4%), Net Carbohydrates: 40.41g (14.69%), Sugar: 37.04g (41.16%), Cholesterol: 0mg (0%), Sodium: 55.43mg (2.41%), Alcohol: 0.34g (100%), Alcohol %: 0.24% (100%), Protein: 2.69g (5.39%), Vitamin C: 42.51mg (51.53%), Manganese: 0.82mg (41.03%), Fiber: 2.8g (11.19%), Copper: 0.16mg (7.78%), Vitamin A: 292.35IU (5.85%), Vitamin B6: 0.12mg (5.82%), Potassium: 198.87mg (5.68%), Vitamin B1: 0.08mg (5.55%), Vitamin B3: 1.03mg (5.17%), Folate: 19.47µg (4.87%), Magnesium: 17.1mg (4.27%), Iron: 0.77mg (4.26%), Vitamin E: 0.56mg (3.76%), Vitamin B5: 0.31mg (3.07%), Vitamin B2: 0.05mg (2.98%), Vitamin K: 2.83µg (2.69%), Selenium: 1.8µg (2.57%), Calcium: 23.8mg (2.38%), Phosphorus: 23.64mg (2.36%), Zinc: 0.28mg (1.84%)