



Fruit Kebabs With Creamy Strawberry Dip

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

READY IN



45 min.

SERVINGS



16

CALORIES



74 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.5 inch banana (2 small)
- 16 grapes green seedless
- 8 ounce pineapple chunks in juice undrained canned
- 16 servings creamy strawberry dip
- 2 delicious apples red cored
- 8 strawberries fresh cut in half lengthwise
- 16 tangerine sections (2 tangerines)

Equipment

- bowl
- sieve
- wooden skewers
- drinking straws

Directions

- Drain pineapple through a sieve over a bowl, reserving juice. Set aside 16 pineapple chunks and 1/4 cup juice, reserving remaining pineapple and juice for another use.
- Cut apples into 16 (1-inch) chunks. Thread fruit alternately onto 16 (6-inch) plastic drinking straws or wooden skewers.
- Brush with reserved 1/4 cup pineapple juice.
- Serve with Creamy Strawberry Dip.

Nutrition Facts



PROTEIN 4.63% **FAT 5.67%** **CARBS 89.7%**

Properties

Glycemic Index:13.42, Glycemic Load:5.62, Inflammation Score:-6, Nutrition Score:4.6604348058286%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg, Pelargonidin: 1.49mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg, Catechin: 0.49mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg, Epicatechin: 1.74mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg, Hesperetin: 6.99mg Naringenin: 8.83mg, Naringenin: 8.83mg, Naringenin: 8.83mg, Naringenin: 8.83mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 74.42kcal (3.72%), Fat: 0.52g (0.8%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 18.5g (6.17%), Net Carbohydrates: 16.02g (5.82%), Sugar: 14.86g (16.51%), Cholesterol: 0mg (0%), Sodium: 7.96mg (0.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.91%), Vitamin C: 29.57mg (35.84%), Vitamin A: 622.72IU (12.45%), Fiber: 2.48g (9.93%), Potassium: 207.01mg (5.91%), Vitamin B1: 0.07mg (4.95%), Vitamin B6: 0.1mg (4.8%), Folate: 17.03µg (4.26%), Calcium: 38.99mg (3.9%), Magnesium: 14.98mg (3.74%), Manganese: 0.07mg (3.46%), Copper: 0.07mg (3.38%), Vitamin B2: 0.05mg (2.67%), Phosphorus: 23.55mg (2.36%), Vitamin B5: 0.21mg (2.14%), Vitamin B3: 0.42mg (2.12%), Vitamin E: 0.25mg (1.65%), Vitamin K: 1.46µg (1.39%), Iron: 0.24mg (1.34%)