



Fruit Kebabs with Honey-Yogurt Dipping Sauce

 Gluten Free

READY IN



30 min.

SERVINGS



30

CALORIES



43 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 cups grapes seedless
- ☐ 2 cups pineapple cubes
- ☐ 0.3 cup honey
- ☐ 2 cups melon balls (cantaloupe, honeydew or a combination)
- ☐ 2 cups greek yogurt plain low-fat
- ☐ 2.5 cups strawberries halved quartered

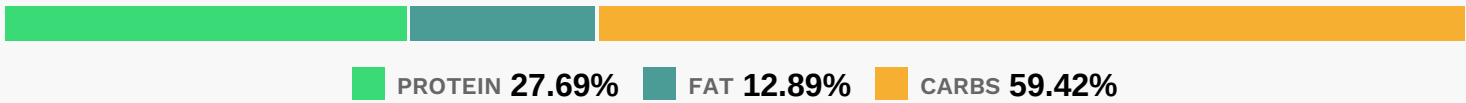
Equipment

- ☐ bowl
- ☐ wooden skewers

Directions

- ☐ In a bowl, mix yogurt and honey. Refrigerate until well chilled.
- ☐ Thread grapes, pineapple cubes, melon balls and strawberries, alternating fruits, on 24 6-inch wooden skewers.
- ☐ Serve kebabs with sauce in bowls for dipping.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:2.81, Inflammation Score:-3, Nutrition Score:1.6795652197755%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg, Pelargonidin: 2.98mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 42.59kcal (2.13%), Fat: 0.64g (0.99%), Saturated Fat: 0.19g (1.21%), Carbohydrates: 6.68g (2.23%), Net Carbohydrates: 6.26g (2.28%), Sugar: 6.04g (6.72%), Cholesterol: 4.95mg (1.65%), Sodium: 108.88mg (4.73%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.11g (6.22%), Vitamin C: 8.55mg (10.37%), Vitamin A: 377.57IU (7.55%), Manganese: 0.06mg (3.01%), Calcium: 21.68mg (2.17%), Vitamin K: 2.02µg (1.93%), Fiber: 0.42g (1.69%), Potassium: 55.8mg (1.59%), Copper: 0.03mg (1.43%), Folate: 4.63µg (1.16%), Iron: 0.19mg (1.04%)