



## Fruity fondue

 **Gluten Free**

READY IN



**15 min.**

SERVINGS



**4**

CALORIES



**245 kcal**

**SIDE DISH**

### Ingredients

- 650 g fruits mixed such as strawberries, pineapple chunks, grapes, mango chunks, melon chunks
- 150 g pot yogurt fat-free
- 100 g chocolate

### Equipment

- bowl
- microwave
- wooden skewers

## Directions

- Thread the fruits onto wooden skewers. Melt the milk chocolate on a low heat in the microwave and transfer to a small serving bowl.
- Serve the kebabs on a platter with the yogurt and melted chocolate for dipping and get everyone to dig in.

## Nutrition Facts



## Properties

Glycemic Index:10.65, Glycemic Load:5.85, Inflammation Score:-3, Nutrition Score:7.2856521399125%

## Nutrients (% of daily need)

Calories: 245.25kcal (12.26%), Fat: 8.8g (13.53%), Saturated Fat: 5.08g (31.73%), Carbohydrates: 43.26g (14.42%), Net Carbohydrates: 39.78g (14.46%), Sugar: 38.92g (43.25%), Cholesterol: 0.75mg (0.25%), Sodium: 34.5mg (1.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 16.5mg (5.5%), Protein: 3.95g (7.91%), Vitamin C: 15.61mg (18.92%), Copper: 0.32mg (16.15%), Magnesium: 59.75mg (14.94%), Fiber: 3.49g (13.95%), Vitamin B1: 0.19mg (12.58%), Vitamin B2: 0.18mg (10.7%), Phosphorus: 107mg (10.7%), Calcium: 106.63mg (10.66%), Potassium: 369.63mg (10.56%), Vitamin B6: 0.15mg (7.63%), Iron: 1.18mg (6.55%), Manganese: 0.13mg (6.27%), Zinc: 0.9mg (6.01%), Selenium: 2.7µg (3.86%), Vitamin B12: 0.23µg (3.81%), Vitamin B3: 0.68mg (3.38%), Folate: 13.38µg (3.34%), Vitamin K: 2.79µg (2.65%), Vitamin B5: 0.26mg (2.58%), Vitamin A: 83.88IU (1.68%)