



## Granola Fruit Kabobs

 Vegetarian  Vegan  Dairy Free

READY IN



10 min.

SERVINGS



8

CALORIES



223 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 2 medium apples unpeeled cut into chunks
- 2 small banana peeled cut into chunks
- 1 cup fruit yoplait®
- 2 cups cereal
- 1 cup pineapple chunks fresh

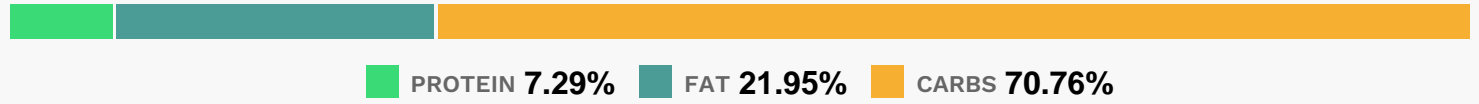
## Equipment

- bowl
- toothpicks

## Directions

- Place granola in shallow bowl. Insert toothpick into each piece of fruit.
- To serve, dip fruit into yogurt, coating all sides.
- Roll in granola, coating completely.

## Nutrition Facts



## Properties

Glycemic Index:10.85, Glycemic Load:4.45, Inflammation Score:-4, Nutrition Score:8.1447826520256%

## Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg, Catechin: 2.13mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg, Quercetin: 1.84mg

## Nutrients (% of daily need)

Calories: 223.2kcal (11.16%), Fat: 5.72g (8.8%), Saturated Fat: 0.72g (4.52%), Carbohydrates: 41.47g (13.82%), Net Carbohydrates: 37.28g (13.56%), Sugar: 21.59g (23.99%), Cholesterol: 0mg (0%), Sodium: 12.55mg (0.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.27g (8.54%), Manganese: 0.91mg (45.47%), Fiber: 4.19g (16.77%), Magnesium: 42.76mg (10.69%), Phosphorus: 105.86mg (10.59%), Vitamin B1: 0.14mg (9.59%), Vitamin C: 7.75mg (9.4%), Potassium: 320.46mg (9.16%), Iron: 1.62mg (9.01%), Vitamin B6: 0.17mg (8.74%), Copper: 0.17mg (8.71%), Vitamin E: 1.29mg (8.58%), Selenium: 5.65µg (8.07%), Vitamin B2: 0.1mg (5.79%), Zinc: 0.72mg (4.82%), Folate: 18.86µg (4.71%), Vitamin K: 4.04µg (3.85%), Calcium: 36.44mg (3.64%), Vitamin B3: 0.7mg (3.5%), Vitamin B5: 0.3mg (2.98%), Vitamin A: 144.98IU (2.9%)