



Grilled Angel Food Cake Kabobs

READY IN



20 min.

SERVINGS



4

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup angel food cake (1-inch cubes)
- 1 cup strawberries whole
- 1 cup peaches
- 1 tablespoon sugar
- 0.3 teaspoon ground cinnamon
- 6 oz strawberry yogurt light white yoplait®

Equipment

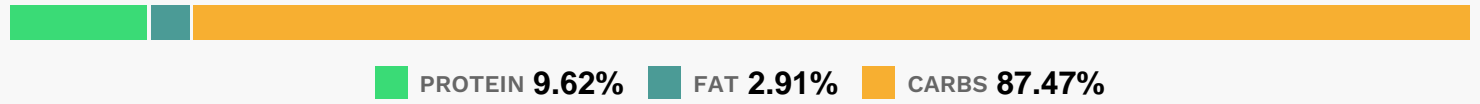
- bowl

- grill
- skewers

Directions

- Heat gas or charcoal grill. Arrange cake cubes, strawberries and peach slices alternately on eight 6-inch skewers. In small bowl, mix sugar and cinnamon; sprinkle over kabobs.
- Place kabobs on grill over medium heat. Cover grill; cook kabobs about 2 minutes, turning once, until golden brown.
- Serve kabobs with yogurt.

Nutrition Facts



Properties

Glycemic Index:38.84, Glycemic Load:4.25, Inflammation Score:-3, Nutrition Score:6.3378260964933%

Flavonoids

Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg, Cyanidin: 1.34mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg, Delphinidin: 0.11mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg, Epigallocatechin: 0.68mg Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg, Epicatechin: 1.05mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg, Epigallocatechin 3-gallate: 0.16mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 234.93kcal (11.75%), Fat: 0.78g (1.21%), Saturated Fat: 0.25g (1.57%), Carbohydrates: 52.92g (17.64%), Net Carbohydrates: 51.31g (18.66%), Sugar: 33.34g (37.05%), Cholesterol: 3.83mg (1.28%), Sodium: 331.04mg (14.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.82g (11.64%), Vitamin C: 22.75mg (27.58%), Phosphorus: 187.58mg (18.76%), Selenium: 10.02µg (14.32%), Vitamin B2: 0.2mg (12.04%), Manganese: 0.22mg (11.08%), Calcium: 104.19mg (10.42%), Potassium: 257.77mg (7.36%), Fiber: 1.61g (6.44%), Folate: 18.65µg (4.66%), Copper: 0.09mg

(4.41%), Vitamin B1: 0.06mg (4.11%), Vitamin B12: 0.24µg (3.98%), Magnesium: 12.57mg (3.14%), Vitamin A: 143.38IU (2.87%), Vitamin B3: 0.54mg (2.71%), Iron: 0.48mg (2.68%), Vitamin E: 0.39mg (2.63%), Vitamin K: 2.05µg (1.95%), Vitamin B5: 0.17mg (1.69%), Vitamin B6: 0.03mg (1.48%), Zinc: 0.22mg (1.46%)