



Grilled Fruit Kabobs



Gluten Free



Dairy Free



Popular

READY IN



35 min.

SERVINGS



12

CALORIES



143 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 bananas cut into 4 pieces each
- ☐ 0.3 cup honey
- ☐ 0.5 cup butter
- ☐ 3 peaches fresh pitted quartered
- ☐ 3 plums fresh pitted quartered
- ☐ 12 strawberries hulled

Equipment

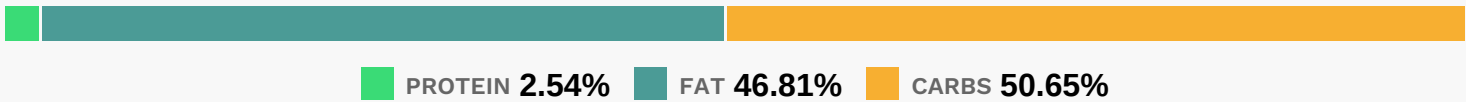
- ☐ sauce pan

- ☐ grill
- ☐ aluminum foil
- ☐ skewers

Directions

- ☐ Preheat an outdoor grill for medium heat and place a large sheet of foil onto the grate.
- ☐ Melt the margarine and honey together in a small saucepan over medium heat. Reduce heat to low and cook gently, stirring occasionally, until slightly thickened, about 5 minutes. Do not let the sauce boil.
- ☐ Thread a peach quarter, a plum quarter, a banana piece, and a strawberry onto each skewer.
- ☐ Place the skewers onto the foil on the preheated grill; spoon margarine-honey mixture over each skewer.
- ☐ Grill until the fruit is softened and the sauce has thickened and cooked onto the fruit, about 5 minutes. Flip the skewers, spoon more margarine-honey sauce over each, and grill for about 5 more minutes on the other side.

Nutrition Facts



Properties

Glycemic Index:18.83, Glycemic Load:8.51, Inflammation Score:-5, Nutrition Score:3.8543478133886%

Flavonoids

Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg, Cyanidin: 1.85mg 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: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg, Peonidin: 0.06mg Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg, Catechin: 4.49mg Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg, Epigallocatechin: 0.52mg Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg, Epicatechin: 1.46mg Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg, Epicatechin 3-gallate: 0.14mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

0.02mg

Nutrients (% of daily need)

Calories: 142.91kcal (7.15%), Fat: 7.89g (12.15%), Saturated Fat: 1.62g (10.15%), Carbohydrates: 19.22g (6.41%), Net Carbohydrates: 17.41g (6.33%), Sugar: 14.77g (16.41%), Cholesterol: 0mg (0%), Sodium: 94.76mg (4.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.96g (1.93%), Vitamin C: 12.78mg (15.49%), Vitamin A: 537.82IU (10.76%), Manganese: 0.16mg (8.15%), Fiber: 1.81g (7.26%), Vitamin B6: 0.13mg (6.53%), Potassium: 203.27mg (5.81%), Vitamin E: 0.67mg (4.49%), Magnesium: 14.1mg (3.53%), Copper: 0.07mg (3.5%), Vitamin B3: 0.62mg (3.12%), Folate: 12.09µg (3.02%), Vitamin B2: 0.05mg (2.72%), Vitamin K: 2.59µg (2.47%), Phosphorus: 22.72mg (2.27%), Vitamin B5: 0.21mg (2.06%), Vitamin B1: 0.03mg (1.77%), Iron: 0.31mg (1.73%), Selenium: 1.19µg (1.7%), Zinc: 0.18mg (1.2%)