

## Grilled Fruit Kabobs



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



11 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- ☐ 8 cubes pineapple fresh (1 inch)
- ☐ 8 strawberries
- ☐ 4 cubes mangos fresh (1 inch)
- ☐ 1 serving salt and pepper
- ☐ 1 juice of lime
- ☐ 4 frangelico

### Equipment

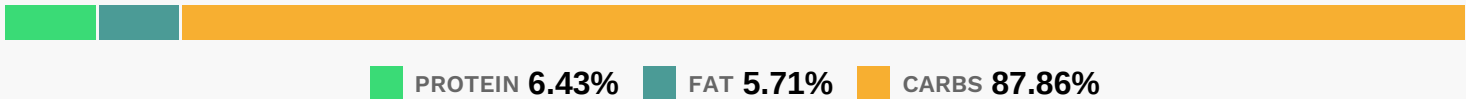
- ☐ grill

- ☐ skewers
- ☐ grill pan

## Directions

- ☐ Heat gas or charcoal grill, or grill pan.
- ☐ Onto each wooden skewer, thread pineapple, strawberry, mango, strawberry and pineapple. Lightly sprinkle with salt and pepper. Squeeze lime juice over fruit.
- ☐ Place on grill over medium heat. Cook 2 to 4 minutes, turning every 30 seconds, until fruit softens and grill marks appear.

## Nutrition Facts



## Properties

Glycemic Index:37.6, Glycemic Load:0.75, Inflammation Score:-1, Nutrition Score:1.7973913083906%

## Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

## Nutrients (% of daily need)

Calories: 11.15kcal (0.56%), Fat: 0.08g (0.13%), Saturated Fat: 0.01g (0.03%), Carbohydrates: 2.89g (0.96%), Net Carbohydrates: 2.33g (0.85%), Sugar: 1.63g (1.82%), Cholesterol: 0mg (0%), Sodium: 48.87mg (2.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.21g (0.42%), Vitamin C: 17.68mg (21.43%), Manganese: 0.11mg (5.66%), Fiber: 0.55g (2.22%), Folate: 7.3µg (1.83%), Potassium: 49.37mg (1.41%), Magnesium: 4.06mg (1.02%)