



Grilled Fruit Kabobs

READY IN



45 min.

SERVINGS



4

CALORIES



235 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 1 large banana cut into chunks
- ☐ 0.3 cup firmly brown sugar light packed
- ☐ 4 ounces cherries fresh
- ☐ 4 servings cream cheese softened
- ☐ 4 servings gingersnaps
- ☐ 0.3 teaspoon ground nutmeg
- ☐ 2 peaches cut into wedges
- ☐ 2 cups pineapple chunks fresh
- ☐ 0.8 cup pineapple juice

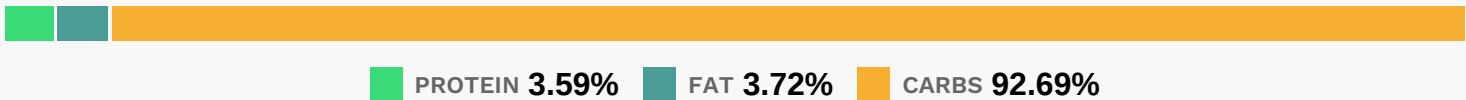
Equipment

- ☐ grill
- ☐ skewers

Directions

- ☐ Combine first 3 ingredients in a shallow dish.
- ☐ Thread fruit on skewers, and place in juice mixture. Cover and chill 30 minutes.
- ☐ Remove kabobs from marinade.
- ☐ Grill, covered with grill lid, over low heat (under 30
- ☐ minutes on each side or until lightly browned.
- ☐ Serve with cream cheese and gingersnaps.

Nutrition Facts



Properties

Glycemic Index:65.01, Glycemic Load:9.84, Inflammation Score:-5, Nutrition Score:8.3495652277185%

Flavonoids

Cyanidin: 10mg, Cyanidin: 10mg, Cyanidin: 10mg, Cyanidin: 10mg Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg, Pelargonidin: 0.08mg Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg, Peonidin: 0.43mg Catechin: 7mg, Catechin: 7mg, Catechin: 7mg, Catechin: 7mg Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg, Epigallocatechin: 0.88mg Epicatechin: 3.18mg, Epicatechin: 3.18mg, Epicatechin: 3.18mg, Epicatechin: 3.18mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg, Quercetin: 1.16mg

Nutrients (% of daily need)

Calories: 234.62kcal (11.73%), Fat: 1.04g (1.6%), Saturated Fat: 0.34g (2.09%), Carbohydrates: 58.34g (19.45%), Net Carbohydrates: 54.06g (19.66%), Sugar: 48.96g (54.4%), Cholesterol: 1.01mg (0.34%), Sodium: 24.72mg (1.07%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.26g (4.52%), Vitamin C: 23.57mg (28.56%), Manganese: 0.41mg (20.42%), Fiber: 4.28g (17.11%), Vitamin B6: 0.3mg (14.89%), Potassium: 503.87mg (14.4%), Copper: 0.27mg (13.51%), Vitamin B1: 0.19mg (12.35%), Magnesium: 43.4mg (10.85%), Vitamin A: 359.34IU (7.19%), Folate: 27.51µg (6.88%), Vitamin B3: 1.35mg (6.74%), Iron: 1.08mg (6%), Vitamin B2: 0.1mg (5.7%), Calcium: 46.45mg (4.64%), Phosphorus: 44.47mg (4.45%), Vitamin E: 0.65mg (4.35%), Selenium: 2.74µg (3.91%), Vitamin K: 4.02µg (3.83%), Vitamin B5: 0.34mg (3.37%), Zinc: 0.43mg (2.85%)