



Grilled Fruit Kabobs with Creamy Honey Sauce

 Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



199 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.3 cup honey nonfat yogurt greek-style
- 2 peaches fresh cut into 8 wedges
- 2 cups pineapple chunks fresh (1 inch)
- 0.5 lb plums pitted halved
- 0.3 cup creamy poppyseed dressing kraft

Equipment

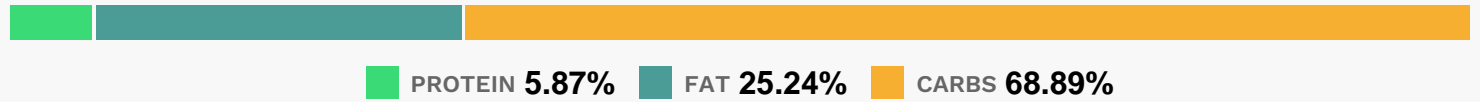
- bowl

- grill
- skewers

Directions

- Heat grill to medium heat.
- Toss fruit with dressing in medium bowl; thread onto 4 skewers. Reserve dressing left in bowl.
- Grill kabobs 6 min. or until fruit is tender and lightly browned, turning after 3 min. and brushing with reserved dressing.
- Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:19.73, Glycemic Load:4.79, Inflammation Score:-5, Nutrition Score:7.2013043217037%

Flavonoids

Cyanidin: 4.63mg, Cyanidin: 4.63mg, Cyanidin: 4.63mg, Cyanidin: 4.63mg Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg, Peonidin: 0.18mg Catechin: 5.33mg, Catechin: 5.33mg, Catechin: 5.33mg, Catechin: 5.33mg Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg, Epigallocatechin: 0.92mg Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg, Epicatechin: 3.57mg Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg, Epicatechin 3-gallate: 0.43mg Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg, Epigallocatechin 3-gallate: 0.45mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg, Gallic acid: 0.05mg

Nutrients (% of daily need)

Calories: 199.31kcal (9.97%), Fat: 5.93g (9.12%), Saturated Fat: 0.88g (5.51%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 32.94g (11.98%), Sugar: 32.51g (36.12%), Cholesterol: 7.03mg (2.34%), Sodium: 148.25mg (6.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.1g (6.21%), Vitamin C: 19.67mg (23.85%), Vitamin K: 17.03µg (16.22%), Fiber: 3.46g (13.83%), Copper: 0.22mg (11.12%), Vitamin B1: 0.16mg (10.84%), Vitamin A: 509.6IU (10.19%), Potassium: 350.3mg (10.01%), Vitamin E: 1.2mg (8.01%), Magnesium: 29.56mg (7.39%), Vitamin B6: 0.13mg (6.65%), Vitamin B2: 0.11mg (6.27%), Vitamin B3: 1.21mg (6.06%), Selenium: 4.04µg (5.77%), Phosphorus: 57.41mg (5.74%), Manganese: 0.09mg (4.66%), Iron: 0.74mg (4.13%), Calcium: 40.61mg (4.06%), Folate: 14.75µg (3.69%), Zinc: 0.44mg (2.92%), Vitamin B5: 0.25mg (2.53%), Vitamin B12: 0.1µg (1.69%)