



Grilled Fruit Packets



Vegetarian



Gluten Free



Low Fod Map

READY IN



40 min.

SERVINGS



8

CALORIES



203 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 3 bananas sliced
- ☐ 1 teaspoon cinnamon
- ☐ 0.3 cup brown sugar light packed
- ☐ 3 oranges peeled cut into segments
- ☐ 0.5 pineapple cored peeled cut into 1-inch chunks
- ☐ 0.3 cup rum
- ☐ 1 pound strawberries stemmed halved
- ☐ 4 tablespoons butter unsalted

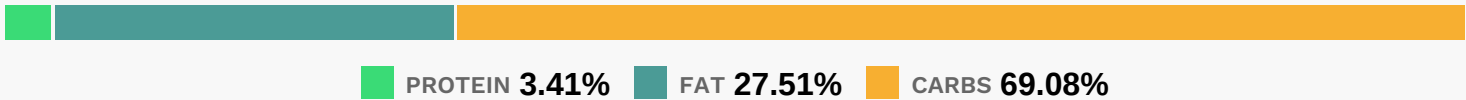
Equipment

- ☐ bowl
- ☐ grill
- ☐ aluminum foil

Directions

- ☐ Lay out 8 12-by-12-inch pieces of heavy-duty foil on a countertop. Divide fruit evenly among foil pieces, placing it on bottom half of foil pieces.
- ☐ Mix sugar and cinnamon together. Put 2 cloves on each square and sprinkle with sugar mixture. Dot each with 1/2 Tbsp. butter and 1/2 Tbsp. rum, if desired. Fold top half of foil over fruit and roll edges to seal.
- ☐ Preheat grill to low.
- ☐ Place packages on grill and cook for 10 minutes.
- ☐ Remove from heat and let cool for 5 minutes. Carefully open packages, pour into bowls and serve with ice cream or whipped cream, if desired.

Nutrition Facts



Properties

Glycemic Index:26.99, Glycemic Load:12.03, Inflammation Score:-6, Nutrition Score:11.671739091692%

Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg, Delphinidin: 0.18mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg, Pelargonidin: 14.09mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg, Catechin: 4.46mg Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg, Epigallocatechin: 0.44mg Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg, Epicatechin: 0.25mg Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg, Epicatechin 3-gallate: 0.09mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Hesperetin: 13.39mg, Hesperetin: 13.39mg, Hesperetin: 13.39mg, Hesperetin: 13.39mg Naringenin: 7.67mg,

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Nutrients (% of daily need)

Calories: 203.15kcal (10.16%), Fat: 6.12g (9.42%), Saturated Fat: 3.67g (22.92%), Carbohydrates: 34.6g (11.53%), Net Carbohydrates: 30.21g (10.99%), Sugar: 25.01g (27.79%), Cholesterol: 15.05mg (5.02%), Sodium: 4.37mg (0.19%), Alcohol: 2.51g (100%), Alcohol %: 1.39% (100%), Protein: 1.71g (3.41%), Vitamin C: 90.37mg (109.54%), Manganese: 0.92mg (46.23%), Fiber: 4.39g (17.55%), Vitamin B6: 0.29mg (14.27%), Folate: 47.67µg (11.92%), Potassium: 407.79mg (11.65%), Magnesium: 31.93mg (7.98%), Vitamin B1: 0.12mg (7.71%), Copper: 0.15mg (7.64%), Vitamin A: 354.13IU (7.08%), Vitamin B2: 0.09mg (5.02%), Calcium: 48.18mg (4.82%), Vitamin B5: 0.48mg (4.8%), Vitamin B3: 0.95mg (4.75%), Phosphorus: 37.16mg (3.72%), Iron: 0.63mg (3.53%), Vitamin E: 0.48mg (3.18%), Vitamin K: 2.43µg (2.32%), Zinc: 0.26mg (1.76%), Selenium: 1.13µg (1.62%)