



Grilled Fruit Skewers with Sweet Yogurt Sauce

READY IN



25 min.

SERVINGS



4

CALORIES



301 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup brown sugar
- ☐ 1 teaspoon ground cinnamon
- ☐ 0.5 juice of orange juiced
- ☐ 1 mangos peeled cut into 1-inch chunks
- ☐ 2 nectarines cut into 1-inch chunks
- ☐ 20 ounce pineapple chunks for cocktail canned
- ☐ 8 ounce vanilla yogurt
- ☐ 0.3 cup water
- ☐ 40 inch skewers

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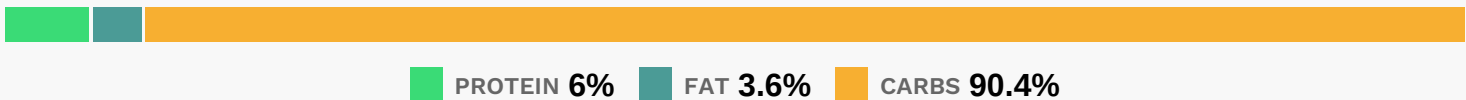
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ grill
- ☐ skewers
- ☐ grill pan
- ☐ wooden skewers

Directions

- ☐ If you are using wooden skewers, soak them in water for at least 30 minutes.
- ☐ In a small pot combine the brown sugar with 1/4 cup water, cinnamon and orange zest. Bring to a boil over medium heat.
- ☐ Remove from heat and set aside to cool to room temperature.
- ☐ Preheat the grill or grill pan over low heat.
- ☐ Thread 2 pieces of each type of fruit onto each skewer. Grill the skewers until the fruit is warm and lightly charred about 6 minutes giving the skewers a quarter turn every 1 1/2 minutes. Make sure to brush with the brown sugar syrup after each turn.
- ☐ While the fruit is grilling, make the dipping sauce.
- ☐ Whisk together the yogurt, orange juice, and 1 tablespoon of the brown sugar syrup in a serving bowl. Reserve 2 tablespoons for the Online Round 2 recipe Sweet and Spicy Chicken Wraps.
- ☐ Arrange the skewers on a serving platter and serve with the dipping sauce on the side.

Nutrition Facts



Properties

Glycemic Index:37.94, Glycemic Load:6.34, Inflammation Score:-7, Nutrition Score:10.9713042508%

Flavonoids

Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg, Cyanidin: 1.56mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg, Catechin: 3.01mg Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg, Epicatechin: 1.8mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 301.09kcal (15.05%), Fat: 1.28g (1.97%), Saturated Fat: 0.52g (3.25%), Carbohydrates: 72.32g (24.11%), Net Carbohydrates: 68.3g (24.84%), Sugar: 68.05g (75.61%), Cholesterol: 2.84mg (0.94%), Sodium: 57.15mg (2.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.8g (9.6%), Vitamin C: 38.44mg (46.6%), Vitamin A: 907.38IU (18.15%), Fiber: 4.02g (16.06%), Calcium: 155.85mg (15.59%), Potassium: 533.62mg (15.25%), Copper: 0.29mg (14.75%), Vitamin B1: 0.21mg (14.26%), Phosphorus: 114.87mg (11.49%), Magnesium: 45.65mg (11.41%), Vitamin B6: 0.23mg (11.31%), Vitamin B2: 0.19mg (10.88%), Folate: 42.39µg (10.6%), Manganese: 0.18mg (8.96%), Vitamin B3: 1.67mg (8.36%), Vitamin E: 0.95mg (6.35%), Vitamin B5: 0.6mg (5.99%), Selenium: 4.01µg (5.73%), Zinc: 0.83mg (5.54%), Iron: 0.98mg (5.47%), Vitamin B12: 0.3µg (5.01%), Vitamin K: 4.81µg (4.58%)