



Grilled Fruit Skewers...and Outrageous Fair Foods

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



55 min.

SERVINGS



4

CALORIES



470 kcal

SIDE DISH

DESSERT

Ingredients

- ☐ 8 bamboo skewers
- ☐ 0.5 small cantaloupe peeled seeded cut into 1-inch chunks
- ☐ 0.3 cup honey
- ☐ 2 tablespoon lime zest
- ☐ 1 cup mint leaves minced
- ☐ 1 pineapple cored peeled cut into 1-inch chunks
- ☐ 4 servings salt to taste

- ☐ 0.5 cup sugar
- ☐ 0.5 small watermelon seedless peeled cut into 1-inch chunks

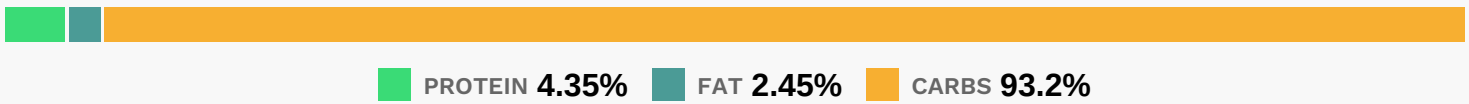
Equipment

- ☐ sauce pan

Directions

- ☐ In a small saucepan over medium-high heat, bring the sugar, honey and 1/2 cup water to a boil. Stir occasionally, until sugar dissolves.
- ☐ Remove the syrup from the heat and let it cool slightly. Stir in the mint and lime zest.

Nutrition Facts



Properties

Glycemic Index:96.8, Glycemic Load:74.94, Inflammation Score:-10, Nutrition Score:25.604347736939%

Flavonoids

Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg, Hesperetin: 2.43mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 4.39mg, Luteolin: 4.39mg, Luteolin: 4.39mg, Luteolin: 4.39mg Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg, Kaempferol: 2.57mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 470.43kcal (23.52%), Fat: 1.41g (2.18%), Saturated Fat: 0.17g (1.05%), Carbohydrates: 121.02g (40.34%), Net Carbohydrates: 114.11g (41.49%), Sugar: 103.94g (115.49%), Cholesterol: 0mg (0%), Sodium: 223mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.65g (11.29%), Vitamin C: 164.3mg (199.15%), Manganese: 2.49mg (124.39%), Vitamin A: 5675.84IU (113.52%), Potassium: 1043.39mg (29.81%), Copper: 0.58mg (29.14%), Fiber: 6.91g (27.65%), Vitamin B6: 0.55mg (27.61%), Vitamin B1: 0.4mg (26.8%), Magnesium: 100.25mg (25.06%), Folate: 78.87µg (19.72%), Vitamin B5: 1.84mg (18.44%), Iron: 2.91mg (16.19%), Vitamin B2: 0.25mg (14.66%), Vitamin B3: 2.74mg (13.71%), Calcium: 103.88mg (10.39%), Phosphorus: 99.45mg (9.94%), Zinc: 1.27mg (8.45%), Selenium: 3.76µg (5.36%), Vitamin K: 3.65µg (3.48%), Vitamin E: 0.37mg (2.49%)