



## Mango and Avocado Skewers

 Vegetarian  Gluten Free

READY IN



15 min.

SERVINGS



8

CALORIES



185 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 avocados cut into chunks
- 0.3 cup creamy peanut butter
- 0.3 cup chicken broth fat-free reduced-sodium
- 0.1 tsp garlic powder
- 2 Tbsp honey
- 2 mangos cut into chunks
- 0.3 cup miracle whip dressing
- 2 Tbsp lite soy sauce

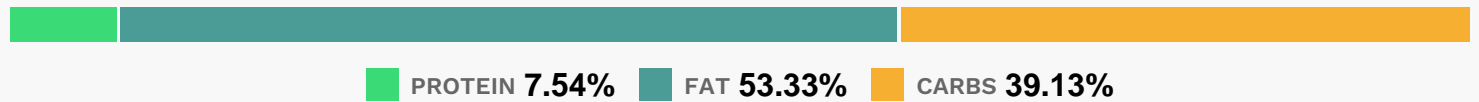
## Equipment

- bowl
- grill
- skewers
- wooden skewers

## Directions

- Heat grill to medium heat.
- Mix first 5 ingredients in medium bowl until blended. Gradually stir in chicken broth. Reserve half the peanut butter mixture to serve as a dipping sauce.
- Thread mango and avocado chunks alternately onto 8 wooden skewers.
- Brush with remaining peanut butter mixture.
- Grill skewers 2 min. on each side or until fruit is lightly browned on both sides.
- Serve with reserved dipping sauce.

## Nutrition Facts



## Properties

Glycemic Index:22.25, Glycemic Load:6.44, Inflammation Score:-6, Nutrition Score:9.1530433420254%

## Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg 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

## Nutrients (% of daily need)

Calories: 185.38kcal (9.27%), Fat: 11.94g (18.36%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 19.7g (6.57%), Net Carbohydrates: 14.92g (5.43%), Sugar: 13.49g (14.99%), Cholesterol: 0.72mg (0.24%), Sodium: 382.04mg (16.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.79g (7.59%), Vitamin C: 23.89mg (28.96%), Fiber: 4.78g (19.14%), Folate: 70.9µg (17.72%), Vitamin E: 2.24mg (14.94%), Vitamin A: 638.8IU (12.78%), Vitamin B3: 2.52mg (12.58%), Manganese: 0.25mg (12.5%), Vitamin K: 12.75µg (12.14%), Vitamin B6: 0.24mg (11.93%), Potassium: 395.01mg (11.29%), Copper: 0.2mg (9.82%), Vitamin B5: 0.91mg (9.15%), Magnesium: 35.39mg (8.85%), Phosphorus: 68.15mg (6.81%), Vitamin B2: 0.11mg (6.52%), Vitamin B1: 0.06mg (4.18%), Zinc: 0.61mg (4.04%), Iron: 0.65mg (3.61%), Calcium: 17.69mg (1.77%), Selenium: 1.09µg (1.55%)