



Mozza Fruit Skewers

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



1

CALORIES



48 kcal

SIDE DISH

Ingredients

- 8 grapes
- 1 part-skim mozzarella cheese
- 4 pineapple chunks
- 4 strawberry
- 2 skewers

Equipment

- skewers

Directions

- Cut cheese stick into 4 pieces. Thread cheese, pineapple chunks, strawberry halves, and grapes onto skewers.

Nutrition Facts



PROTEIN 6.57% **FAT 6.29%** **CARBS 87.14%**

Properties

Glycemic Index:86, Glycemic Load:4.26, Inflammation Score:0, Nutrition Score:4.0786956926079%

Flavonoids

Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg, Cyanidin: 0.81mg Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg, Petunidin: 0.05mg Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg, Delphinidin: 0.15mg Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg, Pelargonidin: 11.93mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg, Catechin: 1.49mg Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg, Epigallocatechin: 0.37mg Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg, Epicatechin: 0.2mg Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg, Epicatechin 3-gallate: 0.07mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg, Quercetin: 0.53mg Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg, Galocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 47.9kcal (2.39%), Fat: 0.37g (0.57%), Saturated Fat: 0.13g (0.81%), Carbohydrates: 11.58g (3.86%), Net Carbohydrates: 10.2g (3.71%), Sugar: 9.13g (10.14%), Cholesterol: 0.64mg (0.21%), Sodium: 7.51mg (0.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.87g (1.75%), Vitamin C: 29.88mg (36.22%), Manganese: 0.21mg (10.69%), Vitamin K: 6.94µg (6.61%), Fiber: 1.37g (5.49%), Potassium: 155.64mg (4.45%), Copper: 0.08mg (3.92%), Folate: 12.61µg (3.15%), Vitamin B6: 0.06mg (3.03%), Vitamin B1: 0.04mg (2.89%), Vitamin B2: 0.04mg (2.5%), Magnesium: 9.87mg (2.47%), Phosphorus: 24.43mg (2.44%), Calcium: 20.14mg (2.01%), Iron: 0.35mg (1.97%), Vitamin E: 0.22mg (1.45%), Vitamin B3: 0.27mg (1.36%)