



Multi Fruit and Cheese Kabobs with Creamy Dip

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



4

CALORIES



494 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 8 chunks cantaloupe
- 2 tablespoons honey
- 8 oz yogurt plain low-fat
- 4 oz mild cheddar cheese
- 4 oz mozzarella cheese
- 8 chunks pineapple rings fresh canned
- 8 strawberries fresh whole

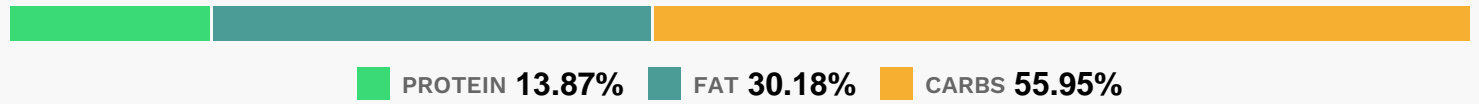
Equipment

- bowl
- skewers

Directions

- In small bowl, combine yogurt and honey; mix well. Thread fruit and cheese on 8 (6-inch) bamboo skewers.
- Serve kabobs with yogurt-honey mixture for dipping.

Nutrition Facts



Properties

Glycemic Index:53.44, Glycemic Load:5.51, Inflammation Score:-7, Nutrition Score:18.144347724707%

Flavonoids

Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg, Cyanidin: 0.4mg Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg, Petunidin: 0.03mg Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg, Delphinidin: 0.07mg Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg, Pelargonidin: 5.96mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg, Catechin: 0.75mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg, Epicatechin: 0.1mg Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg, Epicatechin 3-gallate: 0.04mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg, Gallic acid: 0.01mg

Nutrients (% of daily need)

Calories: 493.92kcal (24.7%), Fat: 17.33g (26.66%), Saturated Fat: 9.77g (61.08%), Carbohydrates: 72.29g (24.1%), Net Carbohydrates: 67.07g (24.39%), Sugar: 65.95g (73.28%), Cholesterol: 54.15mg (18.05%), Sodium: 407.73mg (17.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.92g (35.84%), Vitamin C: 48.86mg (59.23%), Calcium: 509.93mg (50.99%), Phosphorus: 343.7mg (34.37%), Vitamin B1: 0.42mg (27.84%), Vitamin B2: 0.41mg

(24.26%), Selenium: 16.38µg (23.39%), Copper: 0.42mg (21.21%), Vitamin B12: 1.26µg (21.07%), Fiber: 5.22g (20.89%), Magnesium: 80.85mg (20.21%), Potassium: 670.25mg (19.15%), Zinc: 2.8mg (18.67%), Vitamin B6: 0.34mg (17.2%), Vitamin A: 756.14IU (15.12%), Folate: 38.52µg (9.63%), Iron: 1.38mg (7.66%), Vitamin B3: 1.26mg (6.28%), Manganese: 0.12mg (5.77%), Vitamin B5: 0.53mg (5.31%), Vitamin K: 4.56µg (4.34%), Vitamin E: 0.43mg (2.84%), Vitamin D: 0.28µg (1.89%)