



## NUTELLA® Fruit Skewers

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



2

CALORIES



194 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 1 tablespoon nutella® hazelnut spread
- 5 grapes
- 1 slice pineapple fresh (1/)
- 1 slice watermelon (1/)
- 2 slices bread whole wheat

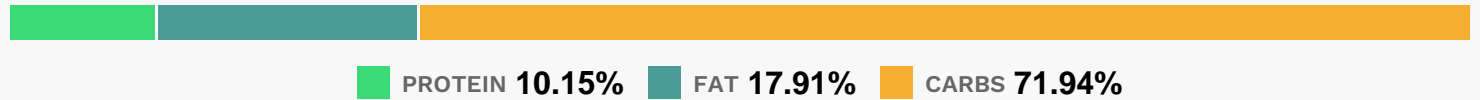
### Equipment

- skewers

# Directions

- Spread NUTELLA® onto a slice of bread and top with the other slice of bread.
- Cut the sandwich and fruit into irregular shapes (squares, triangles etc.). Slide pieces of the sandwich and fruit onto a skewer alternating as desired until the stick is almost covered from end to end.

# Nutrition Facts



# Properties

Glycemic Index:139.18, Glycemic Load:20.29, Inflammation Score:-7, Nutrition Score:11.435652189929%

# Flavonoids

Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg, Luteolin: 0.66mg Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg, Kaempferol: 0.64mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

# Nutrients (% of daily need)

Calories: 193.5kcal (9.68%), Fat: 4.03g (6.19%), Saturated Fat: 2.87g (17.91%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 32.95g (11.98%), Sugar: 21.17g (23.52%), Cholesterol: 0mg (0%), Sodium: 131.89mg (5.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.13g (10.27%), Manganese: 1.13mg (56.53%), Vitamin C: 32.06mg (38.86%), Vitamin A: 847.4IU (16.95%), Fiber: 3.45g (13.81%), Vitamin B1: 0.21mg (13.76%), Magnesium: 47.69mg (11.92%), Selenium: 8.18µg (11.69%), Copper: 0.23mg (11.44%), Potassium: 337.46mg (9.64%), Vitamin B6: 0.19mg (9.51%), Phosphorus: 95.01mg (9.5%), Iron: 1.63mg (9.07%), Vitamin B3: 1.77mg (8.84%), Calcium: 72.35mg (7.24%), Vitamin B2: 0.11mg (6.73%), Vitamin B5: 0.64mg (6.37%), Folate: 25.16µg (6.29%), Zinc: 0.79mg (5.29%), Vitamin E: 0.71mg (4.76%), Vitamin K: 4.62µg (4.4%)