



Papaya-Pineapple Kebabs with Golden Caramel Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



195 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.8 cup firmly brown sugar packed grated
- ☐ 1 stick cinnamon (4-inch)
- ☐ 2 tablespoons rum dark
- ☐ 0.3 cup juice of lime fresh
- ☐ 3 cups papaya divided cubed peeled
- ☐ 3 cups pineapple cubed
- ☐ 2 teaspoons vanilla extract

☐ 1 cup water

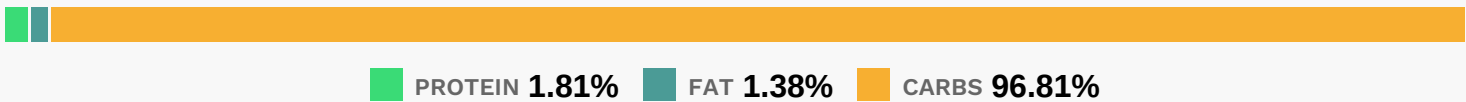
Equipment

- ☐ food processor
- ☐ bowl
- ☐ sauce pan
- ☐ skewers
- ☐ broiler pan

Directions

- ☐ Place 3/4 cup papaya, lime juice, rum, and vanilla in a food processor, and process until smooth; set aside.
- ☐ Combine water, piloncillo, cloves, and cinnamon in a medium saucepan; cook over medium heat 13 minutes. Increase heat to medium-high, and cook an additional 10 minutes or until the consistency of thin syrup (do not stir).
- ☐ Remove from heat; let stand 1 minute. Discard cloves and cinnamon stick. Carefully stir in pureed papaya mixture.
- ☐ Pour sauce into a bowl; set aside.
- ☐ Thread remaining papaya cubes and pineapple cubes alternately onto each of 6 (10-inch) skewers.
- ☐ Place skewers on broiler pan coated with cooking spray; broil 8 minutes or until lightly browned, basting occasionally with caramel sauce.
- ☐ Serve kebabs with remaining sauce.

Nutrition Facts



Properties

Glycemic Index:22.9, Glycemic Load:9.41, Inflammation Score:-7, Nutrition Score:10.615217442098%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 195.2kcal (9.76%), Fat: 0.3g (0.46%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 46.83g (15.61%), Net Carbohydrates: 44.14g (16.05%), Sugar: 40.63g (45.14%), Cholesterol: 0mg (0%), Sodium: 16.53mg (0.72%), Alcohol: 2.13g (100%), Alcohol %: 1.14% (100%), Protein: 0.87g (1.75%), Vitamin C: 85.11mg (103.17%), Manganese: 0.92mg (45.9%), Vitamin A: 719.61IU (14.39%), Fiber: 2.7g (10.78%), Folate: 42.07µg (10.52%), Potassium: 270.29mg (7.72%), Copper: 0.15mg (7.41%), Magnesium: 28.79mg (7.2%), Vitamin B6: 0.14mg (6.77%), Vitamin B1: 0.08mg (5.62%), Calcium: 56.14mg (5.61%), Iron: 0.67mg (3.73%), Vitamin B3: 0.72mg (3.61%), Vitamin B5: 0.36mg (3.61%), Vitamin B2: 0.05mg (2.85%), Vitamin K: 2.64µg (2.51%), Vitamin E: 0.26mg (1.75%), Phosphorus: 16.76mg (1.68%), Zinc: 0.19mg (1.26%), Selenium: 0.86µg (1.23%)