



Skewered Fruit With Rum Drizzle



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



25 min.

SERVINGS



8

CALORIES



82 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



2 bananas cut into 1/2-inch slices



2 tablespoons rum dark



0.3 teaspoon ground cinnamon



1 tablespoon juice of lemon



0.5 pineapple peeled cut into 1-inch pieces



2 star fruit cut into 1/2-inch pieces



2 tablespoons sugar



8 metal skewers (6-inch)

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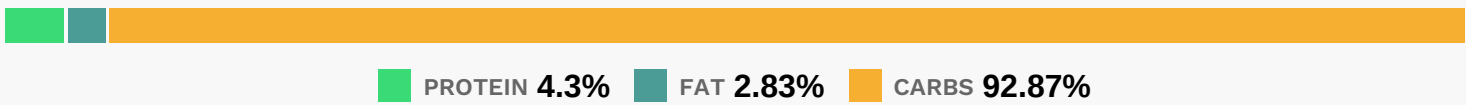
Equipment

- ☐ oven
- ☐ wire rack
- ☐ aluminum foil
- ☐ skewers
- ☐ broiler pan
- ☐ wooden skewers

Directions

- ☐ Soak wooden skewers in hot water 30 minutes. Toss banana slices with lemon juice.
- ☐ Thread banana slices, pineapple, and star fruit alternately onto skewers.
- ☐ Place on a wire rack in an aluminum foil-lined broiler pan. Cover and chill up to 8 hours, if desired.
- ☐ Preheat oven to broil.
- ☐ Combine sugar and cinnamon; sprinkle over fruit.
- ☐ Broil 4 inches from heat 5 minutes on each side or until lightly browned.
- ☐ Drizzle with rum.

Nutrition Facts



Properties

Glycemic Index:29.94, Glycemic Load:9.56, Inflammation Score:-3, Nutrition Score:5.9278260210286%

Flavonoids

Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg, Catechin: 1.8mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg, Eriodictyol: 0.09mg Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg, Hesperetin: 0.27mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg,
Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 82.37kcal (4.12%), Fat: 0.26g (0.39%), Saturated Fat: 0.04g (0.27%), Carbohydrates: 18.83g (6.28%), Net
Carbohydrates: 16.6g (6.04%), Sugar: 13.12g (14.58%), Cholesterol: 0mg (0%), Sodium: 1.41mg (0.06%), Alcohol:
1.25g (100%), Alcohol %: 1.35% (100%), Protein: 0.87g (1.75%), Vitamin C: 38.16mg (46.25%), Manganese: 0.62mg
(31.22%), Fiber: 2.23g (8.94%), Vitamin B6: 0.18mg (8.82%), Copper: 0.12mg (5.9%), Potassium: 199.86mg (5.71%),
Folate: 19.19µg (4.8%), Magnesium: 17.18mg (4.29%), Vitamin B1: 0.06mg (3.85%), Vitamin B5: 0.31mg (3.11%),
Vitamin B3: 0.57mg (2.83%), Vitamin B2: 0.04mg (2.61%), Iron: 0.27mg (1.49%), Phosphorus: 14.09mg (1.41%),
Vitamin A: 65.86IU (1.32%), Calcium: 10.28mg (1.03%)