




Skewered Grilled Fruit with Minted Yogurt Honey Sauce

 Vegetarian  Gluten Free

READY IN



4500 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

DESSERT

Ingredients

- 3 tablespoons mint leaves fresh finely chopped
- 3 tablespoons honey
- 2 tablespoons juice of lime fresh
- 4 peaches peeled cut into 8 wedges
- 1.5 cups yogurt plain
- 4 plums cut into 8 wedges

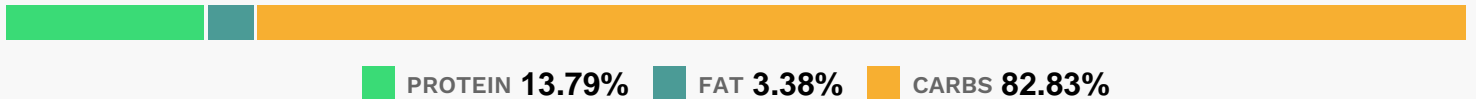
Equipment

- bowl
- grill
- skewers
- grill pan

Directions

- Prepare grill for cooking.
- Stir together yogurt, honey, lime juice, and mint in a small bowl and chill until ready to serve.
- Thread about 4 pieces of fruit onto each skewer. When fire is medium-hot (you can hold your hand 5 inches above rack 3 to 4 seconds), grill fruit in batches on lightly oiled grill rack, turning once, until browned and slightly softened, about 5 minutes total.
- Serve fruit on skewers with sauce on the side.
- You can use a lightly oiled well-seasoned ridged grill pan to cook the fruit.
- Each (6-skewer) serving about 103 calories and 1 gram fat
- Gourmet

Nutrition Facts



Properties

Glycemic Index:16.4, Glycemic Load:7.26, Inflammation Score:-4, Nutrition Score:5.2543477908425%

Flavonoids

Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg, Cyanidin: 3.3mg Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg, Peonidin: 0.1mg Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg, Catechin: 4.64mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg, Epicatechin: 2.81mg Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg, Epicatechin 3-gallate: 0.25mg Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg, Epigallocatechin 3-gallate: 0.36mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg, Hesperetin: 0.53mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.17mg, Kaempferol: 0.17mg,

Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 98.6kcal (4.93%), Fat: 0.4g (0.61%), Saturated Fat: 0.08g (0.49%), Carbohydrates: 21.95g (7.32%), Net Carbohydrates: 20.18g (7.34%), Sugar: 19.62g (21.8%), Cholesterol: 0.92mg (0.31%), Sodium: 46.09mg (2%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.66g (7.31%), Calcium: 101.95mg (10.19%), Vitamin C: 8.38mg (10.16%), Phosphorus: 96.11mg (9.61%), Vitamin A: 443.09IU (8.86%), Vitamin B2: 0.15mg (8.7%), Potassium: 279.6mg (7.99%), Fiber: 1.77g (7.07%), Magnesium: 19mg (4.75%), Manganese: 0.09mg (4.71%), Selenium: 3.3µg (4.71%), Copper: 0.09mg (4.71%), Vitamin B5: 0.47mg (4.7%), Vitamin B12: 0.28µg (4.67%), Zinc: 0.69mg (4.61%), Vitamin E: 0.64mg (4.28%), Vitamin K: 4.48µg (4.26%), Vitamin B3: 0.85mg (4.23%), Folate: 14.33µg (3.58%), Vitamin B1: 0.05mg (3.45%), Vitamin B6: 0.06mg (2.92%), Iron: 0.48mg (2.69%)