



## Strawberry-Cream Puff Kabobs

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



78 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

## Ingredients

- 60 inch bamboo skewers
- 18 kellogg's® cocoa cereal frozen thawed (from 13.2-oz box)
- 0.7 lb strawberries fresh
- 2 tablespoons semi chocolate chips
- 1 tablespoon butter

## Equipment

- baking sheet
- ziploc bags

microwave

skewers

## Directions

Line cookie sheet with waxed paper. On each skewer, alternately thread 3 cream puffs and 2 strawberries.

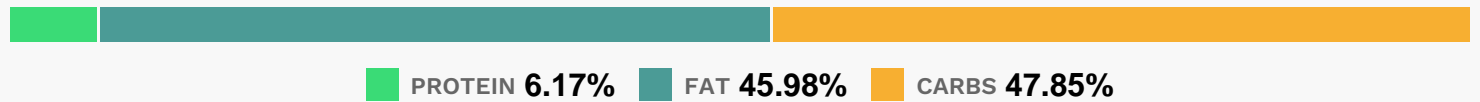
In small resealable freezer plastic bag, place chocolate chips and butter. Seal bag. Microwave on High about 30 seconds or until melted. Squeeze bag to mix melted chips and butter.

Cut small tip from corner of bag.

Drizzle chocolate mixture over kabobs.

Place on cookie sheet. Refrigerate about 10 minutes or until set. Store in refrigerator.

## Nutrition Facts



## Properties

Glycemic Index:12, Glycemic Load:1.29, Inflammation Score:-4, Nutrition Score:5.6630434575288%

## Flavonoids

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## Nutrients (% of daily need)

Calories: 78.17kcal (3.91%), Fat: 4.2g (6.47%), Saturated Fat: 1.55g (9.7%), Carbohydrates: 9.84g (3.28%), Net Carbohydrates: 7.91g (2.88%), Sugar: 5.9g (6.55%), Cholesterol: 0.3mg (0.1%), Sodium: 41.71mg (1.81%), Alcohol: Og

(100%), Alcohol %: 0% (100%), Caffeine: 4.48mg (1.49%), Protein: 1.27g (2.54%), Vitamin C: 30.58mg (37.07%), Manganese: 0.31mg (15.59%), Fiber: 1.93g (7.74%), Iron: 1.1mg (6.14%), Folate: 23.98µg (6%), Copper: 0.12mg (6%), Vitamin B6: 0.12mg (5.78%), Zinc: 0.79mg (5.23%), Magnesium: 18.21mg (4.55%), Vitamin B1: 0.06mg (4.17%), Vitamin B3: 0.83mg (4.14%), Vitamin B2: 0.07mg (4.06%), Phosphorus: 38.64mg (3.86%), Potassium: 134.92mg (3.85%), Vitamin A: 150.87IU (3.02%), Vitamin B12: 0.18µg (2.99%), Vitamin E: 0.43mg (2.86%), Calcium: 25mg (2.5%), Vitamin K: 1.53µg (1.46%), Selenium: 0.94µg (1.35%), Vitamin B5: 0.12mg (1.15%)