



Strawberry-Cream Puff Kabobs

 Gluten Free

READY IN



25 min.

SERVINGS



6

CALORIES



77 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 60 inch bamboo skewers
- ☐ 1 tablespoon butter
- ☐ 18 cup heavy whipping cream frozen thawed (from 13.2-oz box)
- ☐ 2 tablespoons semi chocolate chips
- ☐ 0.7 lb strawberries fresh

Equipment

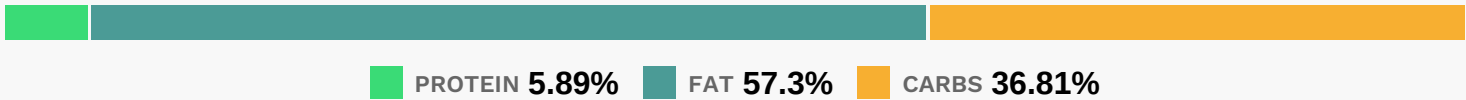
- ☐ baking sheet
- ☐ ziploc bags

- ☐ 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:-3, Nutrition Score:4.5039130695488%

Flavonoids

Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg, Cyanidin: 0.85mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg, Delphinidin: 0.16mg Pelargonidin: 12.52mg, Pelargonidin: 12.52mg, Pelargonidin: 12.52mg, Pelargonidin: 12.52mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg, Catechin: 1.57mg Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg, Epigallocatechin: 0.39mg Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg, Epicatechin: 0.21mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 76.88kcal (3.84%), Fat: 5.13g (7.89%), Saturated Fat: 2.21g (13.83%), Carbohydrates: 7.42g (2.47%), Net Carbohydrates: 5.65g (2.06%), Sugar: 4.87g (5.41%), Cholesterol: 3.69mg (1.23%), Sodium: 25.6mg (1.11%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Caffeine: 4.3mg (1.43%), Protein: 1.19g (2.37%), Vitamin C: 29.94mg (36.29%), Manganese: 0.3mg (15.03%), Fiber: 1.76g (7.05%), Copper: 0.12mg (5.79%), Magnesium: 16.65mg (4.16%), Potassium: 129.61mg (3.7%), Phosphorus: 33.72mg (3.37%), Iron: 0.61mg (3.37%), Folate: 13µg (3.25%), Vitamin B6: 0.06mg (3.06%), Vitamin E: 0.44mg (2.9%), Vitamin A: 139.41IU (2.79%), Zinc: 0.38mg (2.5%), Calcium: 15.88mg (1.59%), Vitamin B2: 0.03mg (1.57%), Vitamin K: 1.56µg (1.49%), Vitamin B1: 0.02mg (1.41%), Vitamin B3: 0.27mg (1.37%), Selenium: 0.84µg (1.2%), Vitamin B5: 0.11mg (1.11%)