



Tropical Turtle Brownies with Grilled Fruit

READY IN



40 min.

SERVINGS



12

CALORIES



211 kcal

DESSERT

Ingredients

- ☐ 0.3 cup butter melted
- ☐ 3 tablespoons orange juice
- ☐ 2 tablespoons brown sugar packed
- ☐ 3 pounds pineapple peeled cut into 1-inch chunks (3 cups)
- ☐ 3 medium mangos pitted cut into 1-inch chunks (3 cups)
- ☐ 4 medium banana firm cut into 1-inch slices (3 cups)
- ☐ 12 brownie mix (3-inch square)
- ☐ 1 cup mrs richardson's butterscotch caramel sauce

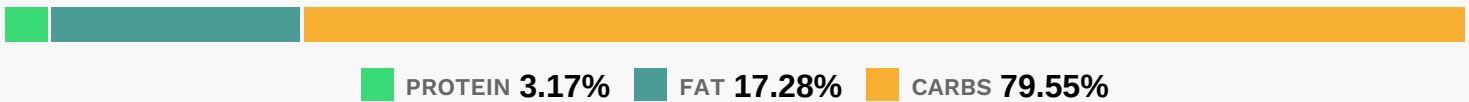
Equipment

- ☐ bowl
- ☐ grill
- ☐ skewers

Directions

- ☐ Heat coals or gas grill for direct heat.
- ☐ Mix butter, orange juice and brown sugar in small bowl.
- ☐ Thread pineapple, mango and banana pieces alternately on each of twenty-four 10-inch skewers, leaving space between each piece.
- ☐ Brush fruit with butter mixture. Grill fruit uncovered 4 to 5 inches from medium-low heat 10 to 15 minutes, turning frequently and brushing with butter mixture, until fruit is lightly browned.
- ☐ To serve, arrange 2 brownie triangles on each plate.
- ☐ Remove fruit from skewers and arrange around and over brownies.
- ☐ Drizzle with caramel topping.

Nutrition Facts



Properties

Glycemic Index:18.1, Glycemic Load:15.95, Inflammation Score:-7, Nutrition Score:12.660434795463%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 3.29mg, Catechin: 3.29mg, Catechin: 3.29mg, Catechin: 3.29mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg 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: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 211.36kcal (10.57%), Fat: 4.4g (6.77%), Saturated Fat: 0.92g (5.74%), Carbohydrates: 45.55g (15.18%), Net Carbohydrates: 42.1g (15.31%), Sugar: 36.59g (40.65%), Cholesterol: 0mg (0%), Sodium: 114.39mg (4.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.82g (3.63%), Vitamin C: 78.69mg (95.38%), Manganese: 1.2mg (60.06%), Vitamin A: 845.49IU (16.91%), Vitamin B6: 0.34mg (16.79%), Fiber: 3.45g (13.79%), Folate: 52.25µg (13.06%), Copper: 0.22mg (10.78%), Potassium: 376.93mg (10.77%), Vitamin B1: 0.12mg (8.04%), Magnesium: 31.13mg (7.78%), Vitamin B3: 1.2mg (5.98%), Vitamin B5: 0.52mg (5.19%), Vitamin B2: 0.09mg (5.16%), Vitamin E: 0.69mg (4.57%), Calcium: 35.18mg (3.52%), Phosphorus: 34.21mg (3.42%), Iron: 0.56mg (3.14%), Vitamin K: 3.17µg (3.02%), Zinc: 0.24mg (1.63%), Selenium: 1.09µg (1.56%)