



Watermelon-and-Kiwi Skewers with Starry Strawberry Cream



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



170 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 kiwifruit peeled cut into 12 pieces
- ☐ 1 teaspoon juice of lemon fresh
- ☐ 0.5 cup vanilla yogurt low-fat
- ☐ 0.5 teaspoon powdered sugar
- ☐ 0.8 cup strawberries sliced
- ☐ 24 balls watermelon (1/2-inch)

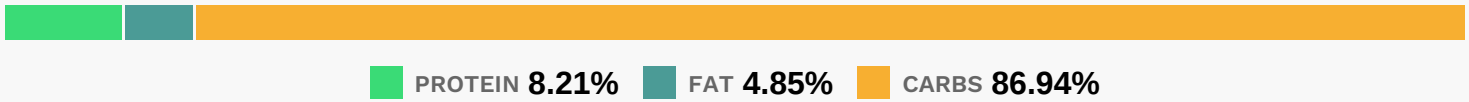
Equipment

- ☐ blender
- ☐ skewers

Directions

- ☐ Place first 5 ingredients in a blender; process until smooth. Cover and chill.
- ☐ Thread 1 watermelon piece and 1 kiwi-fruit piece onto each of 24 skewers.
- ☐ Serve with sauce.
- ☐ Note: To shape the kiwifruit as in the photo, cut a thin vertical slice off both ends of fruit, revealing the flesh. Peel by cutting vertical strips from one end to the other.
- ☐ Cut each kiwifruit lengthwise into quarters.
- ☐ Cut each quarter crosswise into thirds.

Nutrition Facts



Properties

Glycemic Index:20.92, Glycemic Load:26.29, Inflammation Score:-9, Nutrition Score:12.790869344836%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg, Petunidin: 0.01mg Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg, Delphinidin: 0.04mg Pelargonidin: 3.35mg, Pelargonidin: 3.35mg, Pelargonidin: 3.35mg, Pelargonidin: 3.35mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg, Catechin: 0.42mg Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg, Epigallocatechin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg, Hesperetin: 0.09mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg, Luteolin: 2.29mg Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg, Kaempferol: 2.38mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 169.75kcal (8.49%), Fat: 1.03g (1.58%), Saturated Fat: 0.21g (1.29%), Carbohydrates: 41.38g (13.79%), Net Carbohydrates: 38.58g (14.03%), Sugar: 33.6g (37.33%), Cholesterol: 0.77mg (0.26%), Sodium: 16.01mg (0.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.91g (7.81%), Vitamin C: 62.72mg (76.02%), Vitamin A: 2656.81IU (53.14%), Potassium: 617.32mg (17.64%), Magnesium: 54.08mg (13.52%), Manganese: 0.25mg (12.53%), Vitamin B6: 0.24mg (11.77%), Copper: 0.23mg (11.66%), Vitamin B5: 1.16mg (11.65%), Vitamin B1: 0.17mg (11.23%), Fiber: 2.8g (11.21%), Vitamin K: 9.94µg (9.47%), Phosphorus: 82.52mg (8.25%), Vitamin B2: 0.14mg (8.03%), Calcium: 68.69mg (6.87%), Iron: 1.23mg (6.83%), Folate: 24.82µg (6.21%), Vitamin B3: 0.98mg (4.88%), Zinc: 0.64mg (4.27%), Selenium: 2.7µg (3.86%), Vitamin E: 0.57mg (3.8%), Vitamin B12: 0.08µg (1.35%)