



Winter Fruit Kabobs with Peach Glaze

 **Gluten Free**  **Dairy Free**

READY IN



35 min.

SERVINGS



16

CALORIES



205 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 cups oz. bacon into pieces fresh assorted (pineapple, pears, apples, kiwifruit, strawberries)
- 2 cups grapes
- 0.8 cup apricot preserves
- 2 tablespoons butter
- 2 tablespoons orange juice orange-flavored
- 0.3 teaspoon ground cinnamon

Equipment

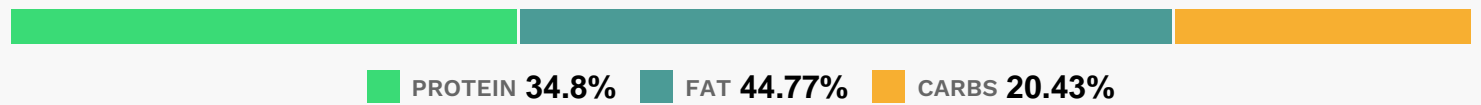
- baking sheet

- sauce pan
- oven
- skewers

Directions

- On each of sixteen 8-inch skewers, thread 4 to 6 pieces of fruit, including grapes.
- Place skewers on large cookie sheet; set aside.
- In 1-quart saucepan, heat preserves, butter, liqueur and cinnamon over medium-high heat, stirring frequently, until butter is melted.
- Brush about 1/4 to 1/3 cup of preserves mixture over kabobs; reserve remaining preserves mixture.
- Set oven control to broil. Broil kabobs with tops 4 to 6 inches from heat 2 minutes or until fruit is hot and glaze is bubbly.
- Serve warm or cold with remaining preserves mixture.

Nutrition Facts



Properties

Glycemic Index:6.44, Glycemic Load:1.61, Inflammation Score:-1, Nutrition Score:0.88565216950424%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 204.76kcal (10.24%), Fat: 10.53g (16.21%), Saturated Fat: 6.36g (39.77%), Carbohydrates: 10.82g (3.61%), Net Carbohydrates: 10.6g (3.85%), Sugar: 7.92g (8.8%), Cholesterol: 60.55mg (20.18%), Sodium: 1292.59mg (56.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.42g (36.85%), Vitamin C: 2.65mg (3.21%), Vitamin K: 2.77µg (2.64%), Vitamin A: 102.13IU (2.04%), Copper: 0.04mg (1.81%), Potassium: 49.71mg (1.42%), Manganese: 0.02mg (1.18%), Vitamin B1: 0.02mg (1.01%)