

Fruit Kabob

Ingredients:

- 2 kiwis
- ½ cup grapes
- 1 cup watermelon balls
- 1 cup pineapple chunks
- 4 oz. low fat vanilla yogurt
- Two skewers



Nutrition Facts

Serving Size 1 cup (226g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 25mg	1%
Total Carbohydrate 31g	10%
Dietary Fiber 3g	12%
Sugars 24g	
Protein 3g	
Vitamin A 10%	• Vitamin C 130%
Calcium 10%	• Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



Directions:

1. On each skewer alternately thread the kiwi, watermelon, grapes, and pineapple.
2. Drizzle low fat vanilla yogurt over skewers or use for a dipping sauce.