



Fresh Fruity Kabobs

Servings: 4

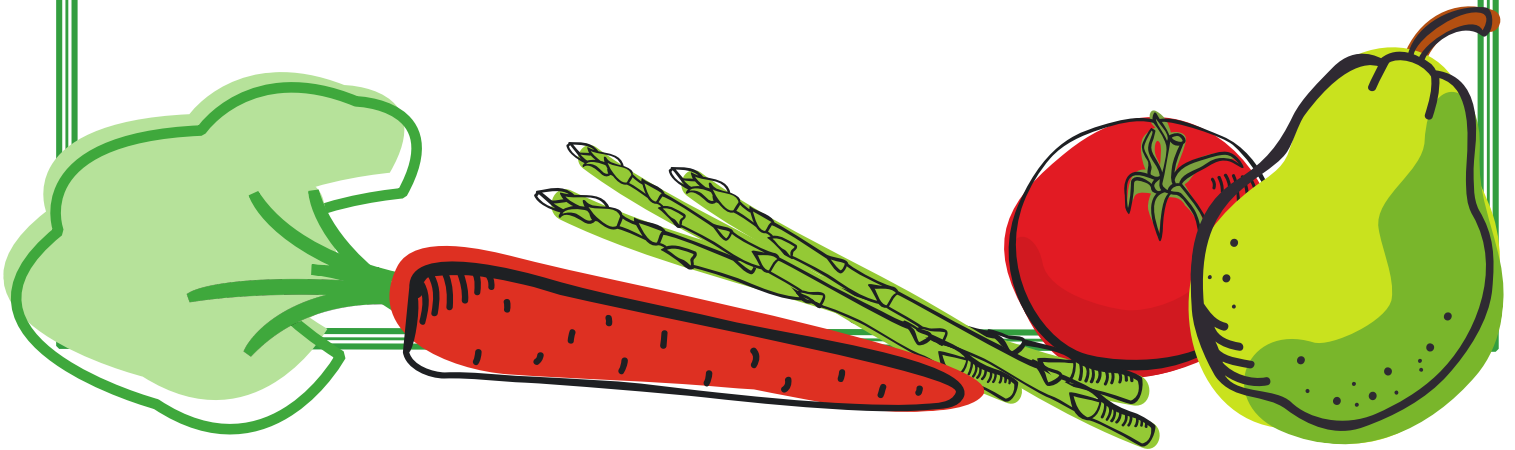
Ingredients:

- 4 strawberries, washed
- 1 banana
- 1 can (8 ounce) pineapple chunks, in 100% fruit juice
- 1 orange or tangerine, washed
- 8 purple grapes, washed

Directions:

1. Add 1/4 banana, 1 strawberry, 2 orange slices, 3 pineapple chunks, and 2 grapes on to a kabob stick.

Nutrition Facts	
Serving Size 1 kabob (249g)	
Servings Per Container 4	
Amount Per Serving	
Calories 190	Calories from Fat 10
% Daily Value*	
Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 40mg	2%
Total Carbohydrate 44g	15%
Dietary Fiber 4g	16%
Sugars 33g	
Protein 4g	
Vitamin A 2%	• Vitamin C 30%
Calcium 8%	• 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	



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