



September 4- Grilled Fruit

Smart Snack

Link: <http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/grilled-fruit>

Recipe

Ingredients:

- 1 cup pineapple chunks
- 1 peach
- 1 banana

Directions:

1. Place fruit chunks on a skewer to make kabobs.
2. Grill or broil on low heat until the fruit is hot and slightly golden.

Yield 3 servings

Nutrition Facts

Serving Size 1/3 recipe (170.67g)
Servings Per Container 3

Amount Per Serving

Calories 110 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 5mg **0%**

Total Carbohydrate 25g **8%**

Dietary Fiber 2g **10%**

Sugars 19g

Protein <1g **2%**

Vitamin A 4% • Vitamin C 25%

Calcium 0% • Iron 2%

* Percent Daily Values are based on a 2,000 calorie diet.