



Seedless Grapes



Nutrition Facts	
Serving Size 1/2 cup (80g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 1g	
Vitamin A 2% • Vitamin C 15%	
Calcium 0% • Iron 2%	
*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 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Fun Facts:

- * Most US grown grapes found in markets are grown in California
- * Sultanas are dried green grapes!
- * One grape cluster has an average of 75 grapes?
- * One grape vine can grow over 50 feet long!
- * Spaniards brought grapes to America about 300 years ago.
- * Grapes are one of the oldest cultivated fruits, dating back to biblical times.



Varieties: Grapes are divided into two categories; Black and White. There are thousands of varieties of black and white grapes. Seedless varieties are the most popular, by consumer demand. Green (White) grapes are generally more tart and less "Jammy" than red varieties.

Selection: Look for firm, plump grapes that are well colored and tightly attached to their stems. Avoid grapes that show any sign of mold, bruising, shriveling, wilting or decay.

Storage and Handling: Store in a plastic bag or covered container. Wash only right before serving, as excess moisture can hasten decay. Fresh grapes keep well for up to 4 days. You can freeze the grapes and then enjoy as a low cal, nutritious snack to boot!

Nutritional Benefits: Grapes have a high water content so they are naturally low in calories. Black grapes are higher in flavonoids, due to their Purple, Red or Black color. Grapes are a source of Vitamin C.

Easy Ways To Enjoy Seedless Grapes

- * Toss grapes into fruit or savory salads for a sweet, juicy crunch and varied color and texture.
- * Freeze grapes and use as ice cubes in summery drinks.
- * Stuff grapes into Peanut Butter and Jelly sandwiches for a fresh fruit pop.
- * Juice grapes and freeze in ice cube trays for healthy popsicles.
- * Make a grape pie, or layer onto a pudding covered crust for a spectacular grape tart.

