



# GRAPES NUTRITION FACTS

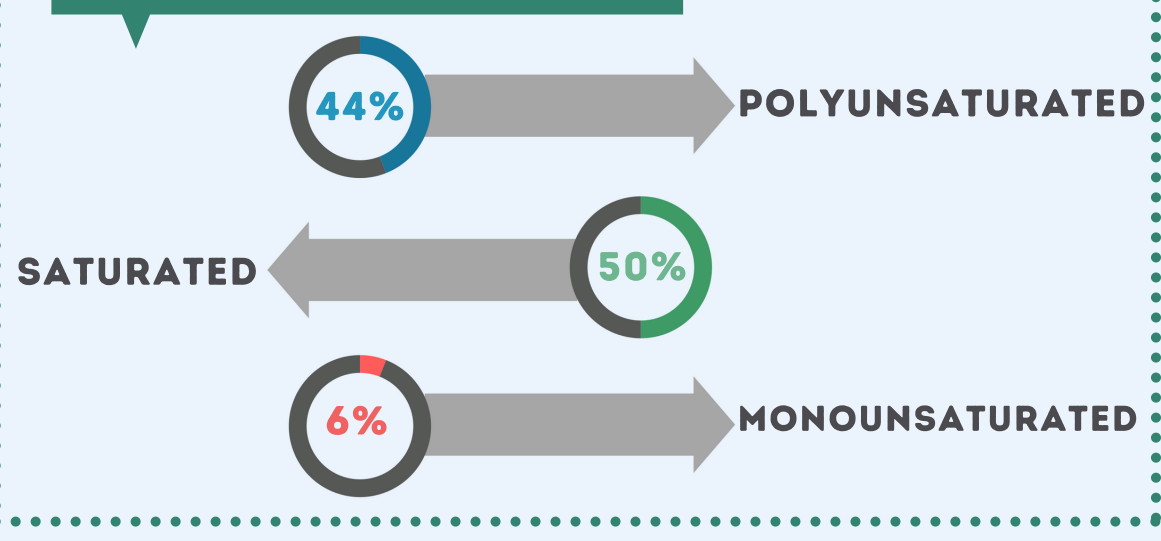


## CALORIES 69/100GM

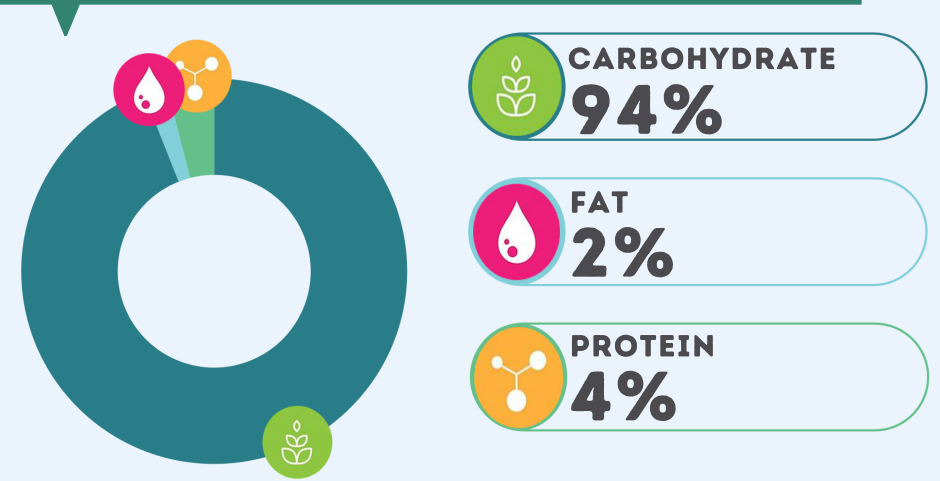
	AMOUNT		AMOUNT
CARBOHYDRATE	18.10 G	NIACIN	0.188 MG
FAT	0.16 G	VITAMIN A	3 MCG
PROTEIN	0.72 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.086 MG
FIBER	0.9 G	VITAMIN C	3.2 MG
RIBOFLAVIN	0.070 MG	VITAMIN D	0.00
SODIUM, NA	2.00 MG	FOLATE	2 MCG
THIAMIN	0.069 MG		



### FATS AND FATTY ACIDS



### CALORIES BY SOURCE



### GRAPES OTHER NAMES

VITIS  
TABLE GRAPES

### MINERALS IN GRAPES

10 MG	CALCIUM, CA	1 % (DV)
0.127 MG	COPPER, CU	14 % (DV)
0.36 MG	IRON, FE	2 % (DV)
7 MG	MAGNESIUM, MG	2 % (DV)
0.1 MCG	SELENIUM, SE	0 % (DV)
20 MG	PHOSPHORUS, P	3 % (DV)
191 MG	POTASSIUM, K	4 % (DV)
0.07 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.