

# Grapes

## Nutrition Facts

Serving Size: ½ cup grapes (76g)

Calories 52

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 14g 5%

Dietary Fiber 1g 3%

Sugars 12g

Protein 1g

Vitamin A 1%

Calcium 1%

Vitamin C 14%

Iron 2%

Other nutrients: Vitamin K (14%)

Source: [www.nal.usda.gov/fnic/foodcomp/search/](http://www.nal.usda.gov/fnic/foodcomp/search/)  
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