



# Harvest of the Month

## Grapes

### Nutrition Facts

Serving Size: 1 cup, seedless (151g)

Calories 104

Calories from Fat 2

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 27g	9%
Dietary Fiber 1g	5%
Sugars 23g	
Protein 1g	
Vitamin A 2%	Calcium 2%
Vitamin C 27%	Iron 3%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)



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