

# Frankenstein Grapes

|                      |                          |                       |         |
|----------------------|--------------------------|-----------------------|---------|
| <b>Servings:</b>     | 1.00                     | <b>Category:</b>      | Fruit   |
| <b>Serving Size:</b> | 0.50 Cup                 | <b>HACCP Process:</b> | No Cook |
| <b>Meal Type:</b>    | Lunch                    | <b>Recipe ID:</b>     | R-50186 |
| <b>School:</b>       | Walton-Verona Elementary |                       |         |

## Ingredients

| Description           | Measurement | Prep Instructions | DistPart # |
|-----------------------|-------------|-------------------|------------|
| GRAPES GREEN SEEDLESS | 1/2 Cup     |                   | 197858     |

## Preparation Instructions

No Preparation Instructions available.

### Meal Components (SLE)

Amount Per Serving

|                 |       |
|-----------------|-------|
| <b>Meat</b>     | 0.000 |
| <b>Grain</b>    | 0.000 |
| <b>Fruit</b>    | 0.500 |
| <b>GreenVeg</b> | 0.000 |
| <b>RedVeg</b>   | 0.000 |
| <b>OtherVeg</b> | 0.000 |
| <b>Legumes</b>  | 0.000 |
| <b>Starch</b>   | 0.000 |

### Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

| Amount Per Serving       |                         |
|--------------------------|-------------------------|
| <b>Calories</b>          | 56.27                   |
| <b>Fat</b>               | 0.27g                   |
| <b>SaturatedFat</b>      | 0.07g                   |
| <b>Trans Fat</b>         | 0.00g                   |
| <b>Cholesterol</b>       | 0.00mg                  |
| <b>Sodium</b>            | 1.67mg                  |
| <b>Carbohydrates</b>     | 14.67g                  |
| <b>Fiber</b>             | 0.73g                   |
| <b>Sugar</b>             | 13.33g                  |
| <b>Protein</b>           | 0.53g                   |
| <b>Vitamin A</b> 84.00IU | <b>Vitamin C</b> 3.36mg |
| <b>Calcium</b> 11.76mg   | <b>Iron</b> 0.25mg      |

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

### Nutrition - Per 100g

No 100g Conversion Available