

Fresh Grapes



Servings:	50.00	Category:	Fruit
Serving Size:	0.50 .50 cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-22625

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS	9 Pound	Wash thoroughly and dry.	197831
GRAPES GREEN SEEDLESS	9 Pound	Wash thoroughly and dry.	197858

Preparation Instructions

1. Wash thoroughly and dry.
2. Portion approximately 14 grapes into individual side dish containers to meet 3/4 cup serving.
3. Chill for service.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.810
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 50.00

Serving Size: 0.50 .50 cup

Amount Per Serving	
Calories	91.15
Fat	0.43g
SaturatedFat	0.11g
Trans Fat	0.00g
Cholesterol	0.00mg
Sodium	2.70mg
Carbohydrates	23.76g
Fiber	1.19g
Sugar	21.60g
Protein	0.86g
Vitamin A 136.08IU	Vitamin C 5.44mg
Calcium 19.05mg	Iron 0.40mg

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

Nutrition - Per 100g

No 100g Conversion Available