

Fresh Red Grapes



Servings:	1.00	Category:	Fruit
Serving Size:	0.50 Cup	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-8669
School:	Manchester High School		

Ingredients

Description	Measurement	Prep Instructions	DistPart #
GRAPES RED SDLSS	1/2 Cup		197831

Preparation Instructions

No Preparation Instructions available.

Meal Components (SLE)

Amount Per Serving

Meat	0.000
Grain	0.000
Fruit	0.500
GreenVeg	0.000
RedVeg	0.000
OtherVeg	0.000
Legumes	0.000
Starch	0.000

Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 0.50 Cup

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

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

Nutrition - Per 100g

No 100g Conversion Available