

Basic Report 09132, Grapes, red or green (European type, such as Thompson seedless), raw
Report Date: June 19, 2019 02:54 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 151g	10.0 grapes 49g	1 NLEA serving 126g
Proximates					
Water	g	80.54	121.62	39.46	101.48
Energy	kcal	69	104	34	87
Protein	g	0.72	1.09	0.35	0.91
Total lipid (fat)	g	0.16	0.24	0.08	0.20
Carbohydrate, by difference	g	18.10	27.33	8.87	22.81
Fiber, total dietary	g	0.9	1.4	0.4	1.1
Sugars, total	g	15.48	23.37	7.59	19.50
Minerals					
Calcium, Ca	mg	10	15	5	13
Iron, Fe	mg	0.36	0.54	0.18	0.45
Magnesium, Mg	mg	7	11	3	9
Phosphorus, P	mg	20	30	10	25
Potassium, K	mg	191	288	94	241
Sodium, Na	mg	2	3	1	3
Zinc, Zn	mg	0.07	0.11	0.03	0.09
Vitamins					
Vitamin C, total ascorbic acid	mg	3.2	4.8	1.6	4.0
Thiamin	mg	0.069	0.104	0.034	0.087
Riboflavin	mg	0.070	0.106	0.034	0.088
Niacin	mg	0.188	0.284	0.092	0.237
Vitamin B-6	mg	0.086	0.130	0.042	0.108
Folate, DFE	µg	2	3	1	3
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	3	5	1	4
Vitamin A, IU	IU	66	100	32	83
Vitamin E (alpha-tocopherol)	mg	0.19	0.29	0.09	0.24

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	14.6	22.0	7.2	18.4
Lipids					
Fatty acids, total saturated	g	0.054	0.082	0.026	0.068
Fatty acids, total monounsaturated	g	0.007	0.011	0.003	0.009
Fatty acids, total polyunsaturated	g	0.048	0.072	0.024	0.060
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0