

Muscadine Grapes



How to Select Muscadine Grapes

Choose grapes that are uniform in shape and color that are free of soft spots or other blemishes.

How to Store Muscadine Grapes

Store, unwashed, in a shallow container, in the refrigerator for up to 1 week.

Nutrition Benefits of Muscadine Grapes

Fat free, saturated fat free, cholesterol free, sodium free, an excellent source of manganese, and a good source of fiber.

Reference:

<http://www.fruitsandveggiesmorematters.org/muscadine-grapes-nutrition-selection-storage>

Nutrition Facts

Serving Size: 84 grams

Amount Per Serving: 14 each

Calories 48

	% Daily Value *
Total Fat 0.4 grams	0.6
Saturated Fat	
Trans Fat 0 grams	
Cholesterol	
Sodium 1 milligrams	0.04
Total Carbohydrate 11.7 grams	3.9
Dietary Fiber 3.3 grams	13.1%
Sugars 6.9 grams	
Protein 0.7 grams	1.4
Vitamin A	1.1%
Vitamin C	9.1%
Calcium	3.11%
Iron	1.2%
Vitamin D	
Potassium	4.9%

* The % daily value is based on a 2,000 calorie diet. Your recommended daily intake may vary depending on your calorie needs.

