



Nutritional Fact Sheet

Grape Halves

Ingredients: Freeze-Dried Red Grapes

Description & Directions: Unsweetened Grape Halves are ready to eat. 1 pound of freeze-dried grape halves replaces 4.5 pounds of fresh.

Storage & Shelf-life: Store in original container in a cool, dry location, for 18 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 Grams Dry
Calories	365.91 kcal
Protein	0.00 g
Total Carbohydrate	93.51 g
Sugars	81.31 g
Added Sugars	0.00 g
Dietary Fiber	4.07 g
Total Fat	0.00 g
Saturated Fat	0.00 g
Cholesterol	0.00 mg
Thiamin – B1	0.00 mg
Riboflavin – B2	0.00 mg
Niacin – B3	0.00 mg
Vitamin B6	0.00 mg
Vitamin C	4.88 mg
Vitamin D	0.00 mcg
Calcium	81.31 mg
Iron	0.00 mg
Phosphorus	0.00 mg
Potassium	975.76 mg
Sodium	60.98 mg
Trans Fat	0.00 g