



NUTRIENT COMPOSITION OF PERFECTION FRESH PRODUCE –BLACK GRAPES (1 CUP, RAW)

NUTRITION INFORMATION			
Serving size: 150g (1 cup)			
	Av QTY Per serve	%DI*	Av QTY per 100g
Moisture	119g		79g
Energy	417kJ	5%	278kJ
Protein	1.8g	4%	1.2g
Total fat	<1g	<1%	<1g
Saturated fat	0g	0%	0g
Total Carbohydrates	21g	7%	14g
Sugars	21g	23%	14g
Dietary fibre	5g	17%	3.3g
Sodium	5mg	<1%	3mg
Potassium	225mg		150mg
Vitamin C	8mg	19%	5mg
Manganese	3mg	59%	2mg
Anthocyanins [^]	176mg		117mg
Glycemic Index (GI) ^{^^}	59		

Source: Aust Food Comp Data or [^]Wu et al
^{^^} Glycemic Index Database
 *based on an average adult diet of 8700 kJ
 "<" means less than

**NUTRITION INFORMATION PANEL
 MUST APPEAR WHEREVER
 NUTRITION AND HEALTH CLAIMS
 ARE MADE**

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