



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

NUTRITION INFORMATION			
Serving size: 150g (1 cup)			
	Av QTY Per serve	%DI*	Av QTY per 100g
Moisture	122g		81g
Energy	414kJ	5%	276kJ
Protein	0.9g	2%	0.6g
Total fat	<1g	<1%	<1g
Saturated fat	0g	0%	0g
Total Carbohydrates	23g	7%	15g
Sugars	23g	25%	15g
Dietary fibre	3.5g	12%	2.3g
Sodium	6mg	<1%	4mg
Potassium	311mg		207mg
Vitamin C	7.5mg	19%	5mg
Vitamin K [^]	22mg	27%	15mg
Lutein [^]	108ug		72ug
Glycemic Index (GI) ^{^^}	49		

Source: Aust Food Comp Data or [^]USDA
^{^^} 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**

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
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Perfection Fresh Australia Pty Ltd
ABN 75 127 389 682

Level 1, 7 Underwood Road
 Homebush NSW 2140
 Australia

PO Box 98
 Sydney Markets NSW 2129
 Australia

T +61 2 9763 1877
F +61 2 9764 1724
perfection.com.au

