



NUTRIENT COMPOSITION OF PERFECTION FRESH PRODUCE – GREEN 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**

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