

# Nutrition Facts

Grapes Serving size (100g)

Amount Per Serving

**Calories** **70**

[www.ihcare.ae](http://www.ihcare.ae)

% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0.1g	1%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	17g	6%
Dietary Fiber	1g	4%
Total Sugars	16g	
Includes 0g Added Sugars		0%
Protein	< 1g	1%
Vitamin D	0mcg	0%
Calcium	13mg	0%
Iron	0.18mg	0%
Potassium	235mg	4%
Vitamin A		2%
Vitamin C		6%
Magnesium		0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.