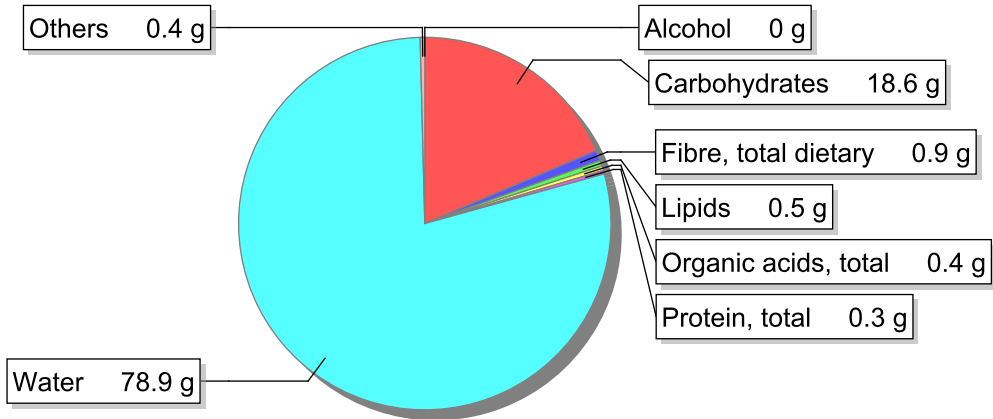


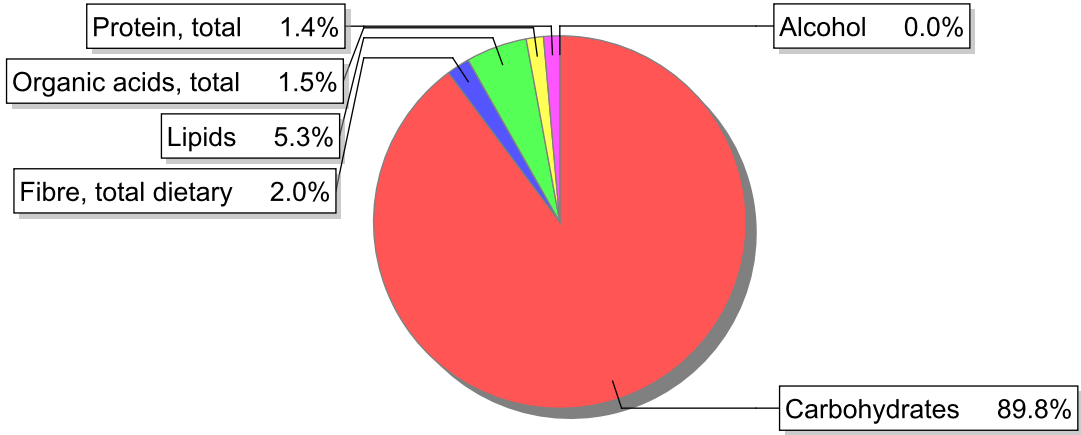
Food

Name: Grapes, red
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 82%
Code: IS694
FoodEX2 Code: A01DX

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	83	kcal	
energy kJ, total metabolisable	352	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0	g	57
fatty acids, total polyunsaturated	0.1	g	57
fatty acid 18:2 n-6 cis,cis	0.1	g	57
fatty acids, total trans	0	g	
sugars, total	18.6	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0.9	g	
protein, total	0.3	g	57
alcohol	0	g	57
water	78.9	g	57
organic acids, total	0.4	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	15	µg	
carotene, total (vitamin A precursors)	60	µg	
vitamin D	0	µg	57
alpha-tocopherol	0.4	mg	
thiamin	0.03	mg	57
riboflavin	0.02	mg	57
niacin, preformed	0.2	mg	57
niacin equivalents, total	0.2	mg	
niacin equivalents from tryptophan	0	mg	
vitamin B-6, total	0.09	mg	57
vitamin B-12	0	µg	57
vitamin C	1	mg	57
folate, total	2	µg	
iodide	1.7	µg	1140
sodium	2	mg	
potassium	220	mg	57
calcium	10	mg	57
phosphorus	11	mg	57
magnesium	8	mg	57
iron, total	0.3	mg	
zinc	0.1	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
1140	TDS_Iodo_INSA_LAB_2