

# Harvest of the Month

Grapes

Calories

62

Total Fat

0g

1  
cup

Sodium

2mg

Sugars

15g

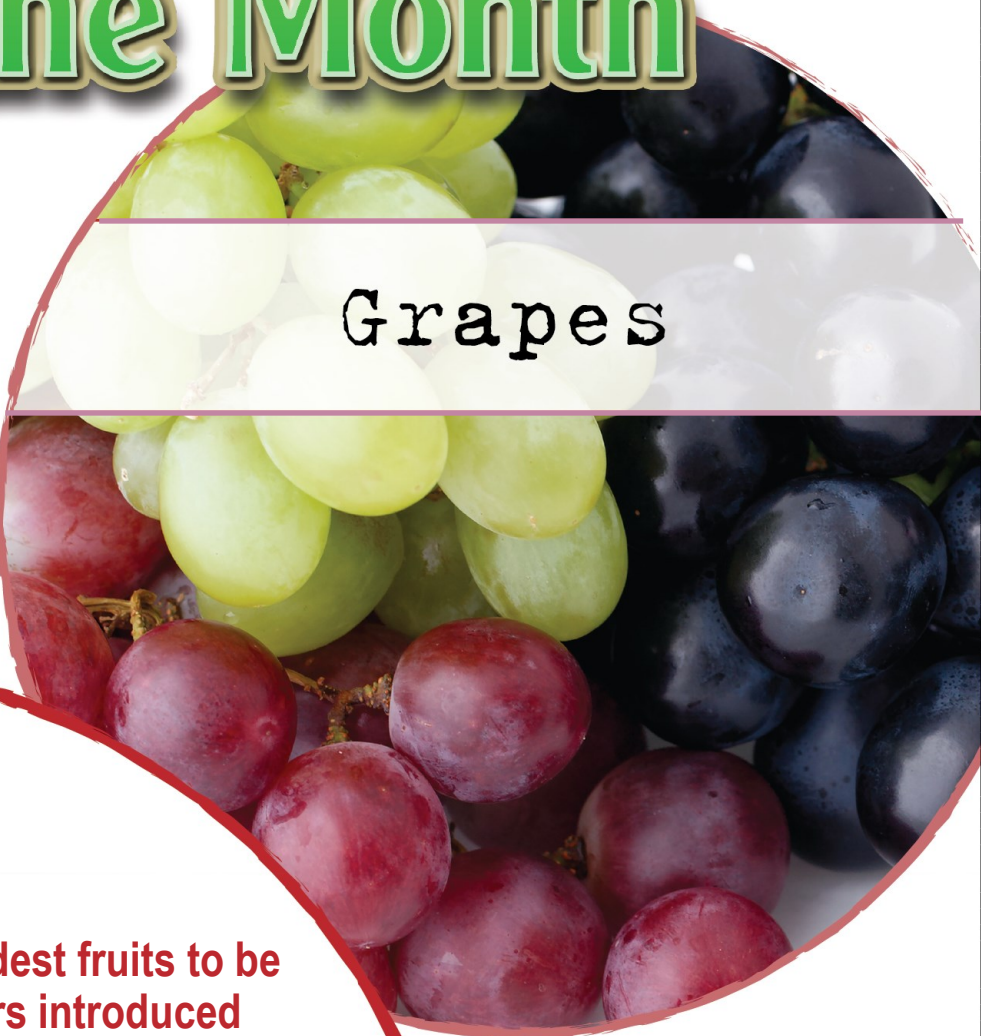
NutritionData.com

## FUN FACTS:

Grapes are about 80% water, making them a delicious low-calorie snack or dessert.



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There are more than 50 varieties of grapes.

The world produces over 72 million tons of grapes annually.

