

# Grapes

Allergens – N/A

## Ingredients

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Quantity	Ingredient
1 kg	Grapes - Green



## Method

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1. Wash thoroughly and cut in half.

### Nutritional Content per 50g

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (g)	Carbs (g)
= 27.1	= 0.1	= trace	= 6.9	= 0.00	= 6.9

**Portion size** - Primary - 50g