



August 18- Frozen Grapes

Smart Snack

Link: <http://recipes.sparkpeople.com/recipe-detail.asp?recipe=115240>

Recipe

Ingredients:

2 cup grapes

Directions:

1. Wash and remove stems from grapes.
2. Place grapes in plastic freezer bag and freeze (about six hours).

Yield 1 serving

Nutrition Facts

Serving Size 1 serving (300g)

Servings Per Container 1

Amount Per Serving

Calories 190 **Calories from Fat** 15

% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat

Trans Fat

Cholesterol

Sodium 0mg **0%**

Total Carbohydrate 42g **14%**

Dietary Fiber 12g **47%**

Sugars

Protein 2g **5%**

Vitamin A 4% • Vitamin C 35%

Calcium 10% • Iron 4%

* Percent Daily Values are based on a 2,000 calorie diet.