



# Grapes



## Nutrition Facts

- 1 Cup (151 grams):
- 100 Calories
- Excellent source of Vitamin K (20%)
- Excellent source of Copper (20%)

## Dole Recipe: No-Cook Greens & Beans Salad

(More recipes available at Dole.com)



Serves: 8      Total Time: 30 minutes

### Ingredients:

- 2 DOLE® Avocados, pitted
- 2 tablespoons chopped cilantro leaves
- ½ cup fresh lime juice
- 4 tablespoons olive oil
- 3 garlic cloves, minced
- ½ teaspoon salt
- 6 cups DOLE Romaine Lettuce, chopped
- 6 cups DOLE Red Leaf Lettuce, chopped
- 2 medium ears corn, kernels removed, or 2 cups frozen corn, thawed and patted dry
- 3 cups DOLE Grapes, cut in half
- 1 can (15 oz.) low-sodium black beans, rinsed
- 1 cup DOLE Red Onions, thinly sliced

### Directions:

- Combine avocados, cilantro, lime juice, oil, garlic, and salt in food processor. Cover; blend until smooth.
- Mix together lettuces, corn, grapes, and beans in large bowl. Sprinkle sliced onions over salad.
- Spoon avocado dressing over salad. Toss to evenly coat.

## Nutrition Facts

servings per container  
Serving size **One cup (151g)**

Amount per serving  
**Calories 100**

Calories from Saturated Fat 0

% Daily Value\*

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 0mg **0%**

**Total Carbohydrate** 27g **10%**

Dietary Fiber 1g **4%**

Total Sugars 23g

Includes 0g Added Sugars **0%**

**Protein** 1g

Vit. D 0mcg 0% • Calcium 15mg 2%

Iron 1mg 6% • Potas. 288mg 6%

Vit. C 5mg 6% • Vit. K 22mg 20%

Thiamin 0.1mg 8% • Niacin 1mg 6%

Riboflavin 0.1mg 8% • Vit. B<sub>6</sub> 0.1mg 6%

Copper 0.2mg 20%

Manganese 0.1mg 4%

\* 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.

## Ten Delicious Ways to Eat Grapes

- Substitute fresh grapes for jelly in a peanut butter sandwich.
- Roast grapes and Brussels sprouts for a side dish.
- Eat frozen grapes for dessert.
- Make roasted grape crostini with goat cheese.
- Add grapes to chicken salad.
- Make your own grape sorbet.
- Cook grapes in a skillet and season with rosemary.
- Bake whole wheat grape muffins.
- Grill grape and chicken skewers.
- Add grapes to whole grain salads like farro or quinoa.

## Research

Institutions worldwide have studied grapes and their important nutrients. Here are a few relevant studies and nutrition talking points:

Eating grapes may help lower blood pressure.

*University of Michigan Health System. "Benefit of grapes may be more than skin deep: Lower blood pressure, reduced heart damage." ScienceDaily. ScienceDaily, 23 April 2009.*

Grapes may be beneficial to those with Parkinson's disease.

*Grape extract protects mitochondria from oxidative damage and improves locomotor dysfunction and extends lifespan in a Drosophila Parkinson's disease model. Long J, Gao H, Sun L, Liu J, Zhao-Wilson X. Rejuvenation Res. Volume 12, Issue 5, 321-31, October 2009*

Grapes may improve bone health.

*A Grape-Enriched Diet Increases Bone Calcium Retention and Cortical Bone Properties in Ovariectomized Rats. Emily E Hohman and Connie M Weaver. J. Nutr. Volume 145, Issue 2, 253-259, February 2015.*

Compounds found in grape seeds may help with weight management.

*Catechin-rich grape seed extract supplementation attenuates diet-induced obesity in C57BL/6J mice. Ohyama K, Furuta C, Nogusa Y, Nomura K, Miwa T, Suzuki K. Ann Nutr Metab. Volume 58, Issue 3, 250- 258, August 2011.*

Red grapes contain resveratrol, an antioxidant compound that may improve blood flow in patients with coronary heart disease.

*Polyphenolic compounds from red grapes acutely improve endothelial function in patients with coronary heart disease. Lekakis J et al. Eur J Cardiovasc Prev Rehabil. Volume 12, Issue 6, 596-600, December 2005.*

## Tweets

#Grapes are an excellent source of vitamin K. Snack on grapes today!

Frozen #grapes make a refreshing and sweet snack or dessert

Use frozen #grapes to chill and naturally flavor still or sparkling water

Try this take on PB&J: enjoy plain Greek yogurt, peanut butter & #grapes for breakfast

Add sliced #grapes to salads for a sweet and juicy punch of flavor

## Observances

May 27: National Grape Popsicle Day

