



## GRAPE JUICE, UNSWEETENED, BOTTLE

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Code: 100895

### PRODUCT DESCRIPTION

- Canned unsweetened grape juice is 100% fruit juice with no added sugar or sweeteners.
- Grape juice has added vitamin C.

### PACK/YIELD

- Grape juice is packed in 64 ounce plastic bottles, which is about 16 servings ( $\frac{1}{2}$  cup each).

### STORAGE

- Store unopened plastic bottles in a cool, clean, dry place.
- After opening, store juice in a tightly closed container and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at: <http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

### USES AND TIPS

- Grape juice is a delicious beverage served chilled.
- Mix  $\frac{1}{2}$  cup juice with  $\frac{1}{2}$  cup seltzer to make a sweet, fruity beverage.
- Freeze juice in ice cube trays with toothpicks for a quick and easy popsicle treat.

### NUTRITION INFORMATION

- $\frac{1}{2}$  cup of grape juice counts as  $\frac{1}{2}$  cup in the MyPlate.gov Fruit Group. For a 2,000-calorie diet the daily recommendation is about 2 cups of fruit.
- $\frac{1}{2}$  cup of grape juice provides 50% of the daily recommended amount of vitamin C.

### FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor or liquid spurts out when the can is opened, **throw it away**.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)

### NUTRITION FACTS

Serving size:  $\frac{1}{2}$  cup (4oz) grape juice, unsweetened

#### Amount Per Serving

<b>Calories</b>	80	<b>Calories from Fat</b>	0
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#### % Daily Value\*

<b>Total Fat</b> 0g		<b>0%</b>	
Saturated Fat 0g		<b>0%</b>	
Trans Fat 0g			
<b>Cholesterol</b> 0mg		<b>0%</b>	
<b>Sodium</b> 5mg		<b>0%</b>	
<b>Total Carbohydrate</b> 19g		<b>6%</b>	
Dietary Fiber 0g		<b>0%</b>	
Sugars 18g			
<b>Protein</b> 0g			
Vitamin A 0%		Vitamin C 50%	
Calcium 2%		Iron 2%	

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

## GRAPE JUICE AND FRUIT FREEZE

**MAKES 4 SERVINGS**

### Ingredients

- 2 cups grape juice
- 2 tablespoons lemon juice
- 1 cup canned mixed fruit, drained
- ½ tablespoon cinnamon
- ½ cup plain nonfat yogurt (if you like)

### Directions

1. Mix all ingredients in a blender until smooth. If using yogurt, add that too.
2. Pour over crushed ice to serve.

### Tip

- Use 1 cup frozen pitted cherries or 1 cup drained canned cherries, or 1 cup drained canned pears.

Nutrition Information for 1 serving of Grape Cherry Freeze							
<b>Calories</b>	130	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	27 g	<b>Vitamin C</b>	35 mg
<b>Calories from Fat</b>	0	<b>Sodium</b>	30 mg	<b>Protein</b>	3 g	<b>Calcium</b>	84 mg
<b>Total Fat</b>	0 g	<b>Total Carbohydrate</b>	30 g	<b>Vitamin A</b>	9 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	2 g				

*Recipe adapted from Welchs.com.*

## CREAMY GRAPE DESSERT

**MAKES ABOUT 2 SERVINGS**

### Ingredients

- 1 cup grape juice
- ½ tablespoon lemon juice
- 2 tablespoons sugar
- 2 cups low-fat vanilla ice cream

### Directions

1. Mix all ingredients in a blender until smooth.
2. Serve in a bowl with a spoon, or as a drink.

Nutrition Information for 1 serving of Creamy Grape Dessert							
<b>Calories</b>	170	<b>Cholesterol</b>	20 mg	<b>Sugar</b>	21 g	<b>Vitamin C</b>	16 mg
<b>Calories from Fat</b>	30	<b>Sodium</b>	50 mg	<b>Protein</b>	3 g	<b>Calcium</b>	110 mg
<b>Total Fat</b>	3 g	<b>Total Carbohydrate</b>	33 g	<b>Vitamin A</b>	84 RAE	<b>Iron</b>	0 mg
<b>Saturated Fat</b>	2 g	<b>Dietary Fiber</b>	0 g				

*Recipe adapted from Welchs.com.*