



Grape Cubes



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



28

CALORIES



6 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients



0.5 pound grapes green red seedless



2 cups water chilled

Equipment



sieve

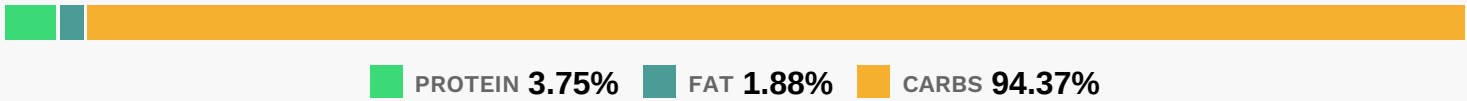


blender

Directions

- ☐ Cut the grapes in half and divide into two equal parts. Puree half of the grapes with 1/2 cup of the water in a blender until smooth, for about 30 seconds.
- ☐ Pour the rest of the water into a pitcher. Strain the pureed grape mixture through a fine-mesh sieve into the pitcher, and stir well.
- ☐ Place the remaining grape halves in the wells of standard ice cube trays. Fill the trays with the grape-water mixture and freeze.
- ☐ WATER PAIRINGS: Squirr of Apio-Rey TIP: Be on the lookout for interesting seedless grapes. My favorite for this recipe is a new seedless Muscat—it has all the flavor of a regular Muscat grape without the bother of the seeds.
- ☐ Excerpted from Cool Waters, by Brian Preston-Campbell. Photographs copyright © 2009 by Jerry Errico. © 2009, used by permission from The Harvard Common Press.

Nutrition Facts



Properties

Glycemic Index:1.64, Glycemic Load:0.64, Inflammation Score:-1, Nutrition Score:0.22695651998662%

Nutrients (% of daily need)

Calories: 5.59kcal (0.28%), Fat: 0.01g (0.02%), Saturated Fat: 0g (0.03%), Carbohydrates: 1.47g (0.49%), Net Carbohydrates: 1.39g (0.51%), Sugar: 1.26g (1.39%), Cholesterol: 0mg (0%), Sodium: 1.01mg (0.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.06g (0.12%), Vitamin K: 1.18µg (1.13%)