

"Spa"ctacular Frozen Grapes

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN

ready

150 min.

SERVINGS

servings

4

CALORIES

calories

100 kcal

SIDE DISH

Ingredients

- ☐ 1 cup grapes green seedless
- ☐ 1 cup grapes red seedless
- ☐ 0.3 cup sugar white

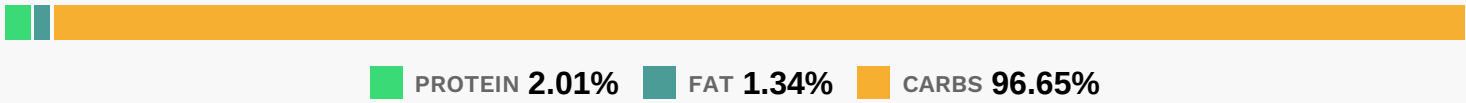
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ colander

Directions

- ☐ Remove grapes from stems and place in a colander. Wash thoroughly.
- ☐ Place grapes in a gallon-size resealable bag.
- ☐ Pour sugar into the bag and seal. Gently shake the bag to evenly coat grapes with sugar.
- ☐ Arrange grapes on a paper towel to air-dry any remaining water, about 15 minutes.
- ☐ Place grapes in a single layer on a shallow pan or baking sheet. Freeze for at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:40.52, Glycemic Load:14.7, Inflammation Score:-1, Nutrition Score:2.0413043641526%

Nutrients (% of daily need)

Calories: 100.22kcal (5.01%), Fat: 0.16g (0.25%), Saturated Fat: 0.04g (0.25%), Carbohydrates: 26.12g (8.71%), Net Carbohydrates: 25.44g (9.25%), Sugar: 24.18g (26.86%), Cholesterol: 0mg (0%), Sodium: 1.63mg (0.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 0.54g (1.09%), Vitamin K: 11.02µg (10.5%), Copper: 0.1mg (4.84%), Potassium: 144.46mg (4.13%), Vitamin B1: 0.05mg (3.47%), Vitamin B2: 0.06mg (3.25%), Vitamin B6: 0.06mg (3.25%), Vitamin C: 2.42mg (2.93%), Fiber: 0.68g (2.72%), Manganese: 0.05mg (2.71%), Iron: 0.28mg (1.54%), Phosphorus: 15.1mg (1.51%), Magnesium: 5.28mg (1.32%)