



## Geography/History

**Seedless Grape** is a fruiting berry of the deciduous woody vines of the botanical genus described as *Vitis*. Grapes are a non-climacteric type of fruit, generally occurring in clusters.

Ancient Egyptian hieroglyphics record the cultivation of purple grapes, and history attests to the ancient Greeks, Phoenicians and Romans growing purple grapes for both eating and wine production. The growing of grapes would later spread to other regions in Europe, as well as North Africa, and eventually in North America.



See the table below for in depth analysis of nutrients:  
 Grapes, red or green  
 (European type, Thompson seedless),  
 Nutritive Value per 100 g,  
 ORAC Value 3,277 (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	69 Kcal	3.5%
Carbohydrates	18 g	14%
Protein	0.72 g	1%
Total Fat	0.16 g	0.5%
Cholesterol	0 mg	0%
Dietary Fiber	0.9 g	2%
<b>Vitamins</b>		
Folates	2 µg	0.5%
Niacin	0.188 mg	1%
Pantothenic acid	0.050 mg	1%
Pyridoxine	0.086 mg	7.5%
Riboflavin	0.070 mg	5%
Thiamin	0.069 mg	6%
Vitamin A	66 IU	3%
Vitamin C	10.8 mg	18%
Vitamin E	0.19 mg	1%
Vitamin K	14.6 µg	12%
<b>Electrolytes</b>		
Sodium	0%	1 mg
Potassium	191 mg	4%
<b>Minerals</b>		
Calcium	10 mg	1%
Copper	0.127 mg	14%
Iron	0.36 mg	4.5%
Magnesium	7 mg	2%
Manganese	0.071 mg	3%
Zinc	0.07 mg	0.5%
<b>Phyto-nutrients</b>		
Carotene-α	1 µg	--
Carotene--β	39 µg	--
Crypto-xanthin-β	0 µg	--
Lutein-zeaxanthin	72 µg	--

## Description/Taste

There are three types of **Seedless Grapes**: red, white and black. Medium-sized, crisp and crunchy, seedless grapes offer a sweet-tart flavor. Grapes can be eaten raw or they can be used for making jam, juice, jelly, wine, grape seed extract, raisins, vinegar, and grape seed oil.

