



the
TIDES

COMMODITY TRADING GROUP

NUTRITIONAL INFORMATION
Red Grape Juice Concentrate

Nutrients	Amount per 100 gms
Calories	292
Proteins (gms)	2.9
Carbohydrates (gms)	68
Fat (gms)	0.43
Saturated Fatty Acids (gms)	0.13
Unsaturated Fatty Acids (gms)	0.13
Moisture (gms)	32
Dietary Fiber (gms)	Trace
Cholesterol (mgs)	0
Vitamin A (IU)	42
Vitamin C (mgs)	0.5
Thiamin (mgs)	0.14
Riboflavin (mgs)	0.20
Niacin (mgs)	1.4
Sodium (mgs)	16
Calcium (mgs)	48
Iron (mgs)	1.28
Potassium (mgs)	703
Phosphorus (mgs)	59