

Health benefits of Grapes

- Grapes are rich in polyphenolic phytochemical compound **resveratrol**, is one of the powerful anti-oxidant which against cancers of colon and prostate, coronary heart disease
- Anthocyanins are another class of polyphenolic anti-oxidants present abundantly in the red grapes is an anti-allergic, anti-inflammatory, anti-microbial, as well as anti-cancer activity.
- In addition, the berries are very low in calories but zero cholesterol levels.
- Grapes are rich source of micronutrient minerals like copper, iron and manganese.
Potassium.
- They are an also good source of **vitamin-C**, vitamin A, vitamin K, carotenes, B-complex vitamins

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%
Vitamin A	66 IU	3%
Vitamin C	10.8 mg	18%
Vitamin E	0.19 mg	1%
Vitamin K	14.6 µg	12%
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%