

**Basic Report 09129, Grapes, muscadine, raw [a](#)**

Report Date: November 08, 2014 16:32 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1.0 grape 6g
<b>Proximates</b>			
Water	g	84.29	5.06
Energy	kcal	57	3
Protein	g	0.81	0.05
Total lipid (fat)	g	0.47	0.03
Carbohydrate, by difference	g	13.93	0.84
Fiber, total dietary	g	3.9	0.2
<b>Minerals</b>			
Calcium, Ca	mg	37	2
Iron, Fe	mg	0.26	0.02
Magnesium, Mg	mg	14	1
Phosphorus, P	mg	24	1
Potassium, K	mg	203	12
Sodium, Na	mg	1	0
Zinc, Zn	mg	0.11	0.01
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	6.5	0.4
Riboflavin	mg	1.500	0.090
Vitamin A, RAE	µg	3	0
Vitamin A, IU	IU	67	4

**Footnotes**

<sup>a</sup> Includes analysis of Higgins, Jumbo, and Roanoke varieties.