



Cinnamon Grape Salad

Ingredients

2 cups seedless green grapes

2 cups seedless red grapes

½ cup low fat vanilla yogurt

¼ teaspoon cinnamon

Makes 8 servings

Instructions

1. Place grapes in a colander, place in the sink, and wash grapes thoroughly.
2. Slice grapes in half, put in a large bowl.
3. Add vanilla yogurt and cinnamon to sliced grapes.
4. Mix well, cover and chill.

Nutrition Facts

Serving Size 1/2 cup
Servings Per Container 8

Amount Per Serving

Calories 70 **Calories from Fat 5**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **4%**

Sugars 14g

Protein 1g

Vitamin A 2% • Vitamin C 15%

Calcium 4% • Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

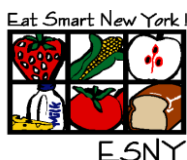
Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

0% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

March 2010



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USDA's Food Stamp Program and Expanded Food and Nutrition Education Program funded this material.

