Grape Juice

Canned, unsweetened grape juice is 100% juice, with no added sweeteners. Grape juice has been fortified; making it a good source of vitamin C. Grape Juice is fat-free and low in sodium.

**Nutrition Information**

Grape juice is part of the fruit group. Foods from the fruit group provide important nutrients like vitamin A, vitamin C and potassium.

Based on MyPyramid, ½ cup of grape juice provides ½ cup from the fruit group.

A typical person should try to eat 2 cups of fruit every day.

Whole fruits have more fiber than fruit juices, so be sure to include whole fruit as part of your healthy diet.

**Storage**

Store unopened cans in a cool, dry place off the floor.

Store opened grape juice in a tightly covered plastic container in the refrigerator. **Use within 5 to 7 days!**

Do not use canned juice if can is rusted, bulging, or dented. Throw it away!

**Uses**

- Blend grape juice with fresh fruit, yogurt, and ice to make a fruit smoothie.
- Mix ½ cup juice with ½ cup sparkling water for a sparkling soda.
- Fill an empty ice-cube tray with grape juice to make frozen juice pops.
Recipes

Purple Cow

1 serving

½ c. vanilla ice cream ½ c. grape juice

1. Place ice cream into an 8 ounce cup.
2. Pour grape juice over ice cream. Serve right away.

Nutrition Information per Serving: Calories 210, Total Fat 7 g (11% DV), Saturated Fat 4.5 g (23% DV), Cholesterol 30 mg (10% DV), Sodium 60 mg (3% DV), Total Carbohydrate 35 g (12% DV), Dietary Fiber 0 g (0% DV), Sugars 33 g, Protein 2 g, Vitamin A 6%, Vitamin C 0%, Calcium 8%, Iron 0%.

All recipes can be found in The Cook’s Helper 2nd edition, University of Nebraska-Lincoln Extension, Nutrition Education Program


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