



MUSCADINES

DID YOU KNOW?

- Muscadines are a grapevine species.
- Muscadines tend to be larger, stronger and have thicker skins than traditional grapes. They range from greenish bronze through bronze, pinkish red, purple and almost black.
- Muscadines are very sweet, while the skin is tart.
- Muscadines are high in fiber.

FUN FACT!

Muscadines are native to East Texas and have been around for over 400 years.



 facebook.com/fcsnutrition



Visit fcsnutrition.com for menus and more info!