

Grapes



Grapes are a very good source of vitamin K and copper as well as a good source of vitamin B2. Grapes are an outstanding source of phytonutrients, especially phenols and polyphenols. The phytonutrients in grapes can differ not only due to growing conditions but also from species to species and variety to variety.

Grapes have long been classified as a low glycemic index (GI) food, with GI values ranging between 43-53. Better blood sugar balance, better insulin regulation, and increased insulin sensitivity have now been connected with intake of grape juices, grape extracts, and individual phytonutrients found in grapes.

Roasted Grape Bread Pudding

Serves 12

Ingredients

Butter for the baking dish	6 large eggs
2 cups reduced-fat milk	1/2 cup sugar
2 teaspoons pure vanilla extract	1/8 teaspoon ground nutmeg
8 cups (1-inch) cubes day-old sourdough bread (about 1 pound)	
4 ounces cream cheese, cut into 1/2-inch pieces	
2 cup seedless grapes	

Directions

1. Preheat the oven to 350°F. Butter a 3-quart baking dish and set aside.
2. In a large bowl, whisk together eggs, milk, sugar, vanilla and nutmeg. Add bread cubes and toss well. Place half the bread cubes in the prepared dish, dot with half the cream cheese and half the grapes. Repeat with remaining bread mixture, cream cheese and grapes. Pour any remaining egg mixture over bread in the baking dish.
3. Cover and bake 30 minutes. Uncover and bake 25 to 30 minutes longer or until egg mixture is set and top is crisp and golden.