



Sun-Maid Medium Size California Natural Seedless Raisins

Nutritional Analysis

Nutrient	Per 100g
Basic Components	
Ash (g)	1.82
Calories (kcal)	294.4
Calories from Fat (kcal)	4.05
Calories from SatFat (kcal)	0.54
Protein (g)	3.01
Carbohydrates (g)	77.72
Dietary Fiber (g)	4.42
Total Sugars (g)	71.15
Fat (g)	0.45
Saturated Fat (g)	0.06
Mono Fat (g)	0.05
Poly Fat (g)	0.04
Trans Fatty Acid (g)	0
Cholesterol (mg)	0
Water (g)	17
Kilojoules (kj)	1231.77
Vitamins	
Vitamin A - IU (IU)	0
Vitamin B1 - Thiamin (mg)	0.1
Vitamin B2 - Riboflavin (mg)	0.12
Vitamin B3 - Niacin (mg)	0.75
Vitamin B6 (mg)	0.17
Vitamin C (mg)	1.13
Vitamin E - Alpha-Toco (mg)	0.12
Folate (mcg)	4.91
Vitamin K (mcg)	3.44
Pantothenic Acid (mg)	0.09
Minerals	
Calcium (mg)	49.07
Copper (mg)	0.31
Iron (mg)	2.12
Magnesium (mg)	31.41
Manganese (mg)	0.29
Phosphorus (mg)	99.12
Potassium (mg)	735.1
Selenium (mcg)	0.59
Sodium (mg)	17.67
Zinc (mg)	0.21

This analysis represents an average sampling