



NUTRITIONAL FACTS

Revision Date:
07/19/17

Replaces:
4/26/17

NSR01

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NATURAL SEEDLESS RAISINS

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Nutrients		Value per 100 grams of edible portion	
Component	Unit	Natural content of vitamins	Unit
Water	15.43 g	Vitamins	
Energy in kcal	299 kcal	Vitamin C, total ascorbic acid	2.3 mg
Energy in kJ	1252 kJ	Thiamin	0.106 mg
Proteins	3.07 g	Riboflavin	0.125 mg
Total Lipid (fat)	0.46 g	Niacin	0.766 mg
Ash	1.85 g	Pantothenic acid	0.095 mg
Carbohydrate, by difference	79.18 g	Vitamin B-6	0.174 mg
Fiber, total dietary	3.7 g	Folate, total	5 µg
Sugar total	59.19 g	Folic acid	0 µg
Added Sugars	0 g	Choline, total	11.1 mg
Sucrose	0.45 g	Betaine	0.3 mg
Glucose (dextrose)	27.75 g	Vitamin B-12	0.00 µg
Fructose	29.68 g	Vitamin A, RAE	0 µg
Starch	2.70 g	Vitamin A, IU	0 IU
Minerals		Vitamin E (alpha-tocopherol)	0.12 mg
Calcium, Ca	50 mg	Vitamin D (D2 + D3)	0.0 µg
Iron, Fe	1.88 mg	Vitamin D	0 IU
Magnesium, Mg	32 mg	Vitamin K (phylloquinone)	3.5 µg
Phosphorus, P	101 mg	Other	
Potassium, K	749 mg	Caffeine	0 mg
Sodium, Na	11 mg	Alcohol, ethyl	0.0 g
Zinc, Zn	0.22 mg	Theobromine	0 mg
Copper, Cu	0.318 mg		
Manganese, Mn	0.299 mg		
Selenium, Se	0.6 µg		
Fluoride, F	233.9 µg		
Lipids			
Fatty acids, total trans	0.00 g		
Fatty acids, total saturated	0.058 g		
Fatty acids, total monounsaturated	0.051 g		
Fatty acids, total polyunsaturated	0.037 g		
Cholesterol	0 mg		