

# **BOGHOSIAN RAISIN PACKING CO., INC.**

GROWERS & PACKERS OF CALIFORNIA RAISINS

## NUTRITIONAL DATA

The data used for the consumer label for a one fourth cup (40g) serving of raisins (all varieties) and raisin paste is as follows:

<u>DIETARY COMPONENT</u>	<u>PER 100G</u>	<u>PER 40G</u>
Total calories	299	129
Calories from Fat	0	0
Total fat	0	0
0% DV		
Saturated Fat	0	0
0% DV		
Trans Fat	0	0
0% DV		
Monounsaturated Fat	0	0
Polyunsaturated Fat	0	0
Cholesterol	0	0
0% DV		
Sodium	26 mg	11mg
0% DV		
Total Carbohydrate	79.32g	34.1g
10% DV		
Dietary fiber	4.5g	1.94g
9% DV		
Soluble Fiber	0g	0g
Insoluble Fiber	0g	0g
Sugars	65.18g	28g
Protein	3.3g	1.42g
Vitamin A	0 IU	0 IU
<2% DV		
Vitamin C	0mg	0mg
<2% DV		
Vitamin D	0g	0g
0% DV		
Calcium	62mg	26.7mg
2% DV		
Iron	1.79mg	0.77mg
6% DV		
Potassium	744mg	320mg
9% DV		
Magnesium	0.281mg	0.121mg
Phosphorus	98mg	42.1mg
Ash	1.68g	.722g
Moisture	15.46g	6.65g
DV – Daily Value		

There are no added sugars

The information contained in this datasheet is true and accurate to the best of our knowledge. However, since the conditions of use are beyond our control, nothing contained herein should be construed as representation, guarantee or warranty, expressed or implied.

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Mike Pretorius  
Director of Food Safety and Quality Assurance  
REVIEWED 02-19-2020

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