



Sun-Maid Confectionary Medium Size California Natural Seedless Raisins, Oil Coated

Nutritional Analysis

| Nutrient                     | Per 100g |
|------------------------------|----------|
| <b>Basic Components</b>      |          |
| Ash (g)                      | 1.85     |
| Calories (kcal)              | 306.49   |
| Calories from Fat (kcal)     | 10.86    |
| Calories from SatFat (kcal)  | 1.15     |
| Protein (g)                  | 3.07     |
| Carbohydrates (g)            | 78.99    |
| Dietary Fiber (g)            | 4.49     |
| Total Sugars (g)             | 72.32    |
| Fat (g)                      | 1.21     |
| Saturated Fat (g)            | 0.13     |
| Mono Fat (g)                 | 0.67     |
| Poly Fat (g)                 | 0.04     |
| Trans Fatty Acid (g)         | 0.01     |
| Cholesterol (mg)             | 0        |
| Water (g)                    | 14.89    |
| Kilojoules (kj)              | 1282.33  |
| <b>Vitamins</b>              |          |
| Vitamin A - IU (IU)          | 0        |
| Vitamin B1 - Thiamin (mg)    | 0.11     |
| Vitamin B2 - Riboflavin (mg) | 0.13     |
| Vitamin B3 - Niacin (mg)     | 0.76     |
| Vitamin B6 (mg)              | 0.17     |
| Vitamin C (mg)               | 1.15     |
| Vitamin E - Alpha-Toco (mg)  | 0.12     |
| Folate (mcg)                 | 4.99     |
| Vitamin K (mcg)              | 3.49     |
| Pantothenic Acid (mg)        | 0.1      |
| <b>Minerals</b>              |          |
| Calcium (mg)                 | 49.87    |
| Copper (mg)                  | 0.32     |
| Iron (mg)                    | 2.15     |
| Magnesium (mg)               | 31.92    |
| Manganese (mg)               | 0.3      |
| Phosphorus (mg)              | 100.75   |
| Potassium (mg)               | 747.16   |
| Selenium (mcg)               | 0.6      |
| Sodium (mg)                  | 17.95    |
| Zinc (mg)                    | 0.22     |

This analysis represents an average sampling