



Sun-Maid Heat Stabilized California Natural Seedless Raisins,  
Standard Moisture

Nutritional Analysis

Nutrient	Per 100g
<b>Basic Components</b>	
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
<b>Vitamins</b>	
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
<b>Minerals</b>	
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