

Basic Report 09298, Raisins, dark, seedless (Includes foods for USDA's Food Distribution Program)

Report Date: July 22, 2019 19:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, packed 165g	1 cup (not packed) 145g	1 miniature box (.5 oz) 14g	1 small box (1.5 oz) 43g	50.0 raisins 26g	1 oz (60 raisins) 28.35g
Proximates								
Water	g	15.46	25.51	22.42	2.16	6.65	4.02	4.38
Energy	kcal	299	493	434	42	129	78	85
Protein	g	3.30	5.45	4.79	0.46	1.42	0.86	0.94
Total lipid (fat)	g	0.25	0.41	0.36	0.04	0.11	0.07	0.07
Carbohydrate, by difference	g	79.32	130.88	115.01	11.10	34.11	20.62	22.49
Fiber, total dietary ^a	g	4.5	7.4	6.5	0.6	1.9	1.2	1.3
Sugars, total	g	65.18	107.55	94.51	9.13	28.03	16.95	18.48
Minerals								
Calcium, Ca	mg	62	102	90	9	27	16	18
Iron, Fe	mg	1.79	2.95	2.60	0.25	0.77	0.47	0.51
Magnesium, Mg	mg	36	59	52	5	15	9	10
Phosphorus, P	mg	98	162	142	14	42	25	28
Potassium, K	mg	744	1228	1079	104	320	193	211
Sodium, Na	mg	26	43	38	4	11	7	7
Zinc, Zn	mg	0.36	0.59	0.52	0.05	0.15	0.09	0.10
Vitamins								
Vitamin C, total ascorbic acid	mg	2.3	3.8	3.3	0.3	1.0	0.6	0.7
Thiamin	mg	0.106	0.175	0.154	0.015	0.046	0.028	0.030
Riboflavin	mg	0.125	0.206	0.181	0.018	0.054	0.033	0.035
Niacin	mg	0.766	1.264	1.111	0.107	0.329	0.199	0.217
Vitamin B-6	mg	0.174	0.287	0.252	0.024	0.075	0.045	0.049
Folate, DFE	µg	5	8	7	1	2	1	1
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.12	0.20	0.17	0.02	0.05	0.03	0.03

Nutrient	Unit	1 Value Per100 g	1 cup, packed 165g	1 cup (not packed) 145g	1 miniature box (.5 oz) 14g	1 small box (1.5 oz) 43g	50.0 raisins 26g	1 oz (60 raisins) 28.35g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	3.5	5.8	5.1	0.5	1.5	0.9	1.0
Lipids								
Fatty acids, total saturated	g	0.094	0.155	0.136	0.013	0.040	0.024	0.027
Fatty acids, total monounsaturated	g	0.024	0.040	0.035	0.003	0.010	0.006	0.007
Fatty acids, total polyunsaturated	g	0.053	0.087	0.077	0.007	0.023	0.014	0.015
Fatty acids, total trans	g	0.001	0.002	0.001	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0

Footnotes

^a Total dietary fiber determined by AOAC 2009.01 (McCleary Method)