

## Basic Report 09299, Raisins, seeded

Report Date: August 21, 2019 09:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, packed 165g	1 cup (not packed) 145g
<b>Proximates</b>				
Water	g	16.57	27.34	24.03
Energy	kcal	296	488	429
Protein	g	2.52	4.16	3.65
Total lipid (fat)	g	0.54	0.89	0.78
Carbohydrate, by difference	g	78.47	129.48	113.78
Fiber, total dietary	g	6.8	11.2	9.9
<b>Minerals</b>				
Calcium, Ca	mg	28	46	41
Iron, Fe	mg	2.59	4.27	3.76
Magnesium, Mg	mg	30	50	44
Phosphorus, P	mg	75	124	109
Potassium, K	mg	825	1361	1196
Sodium, Na	mg	28	46	41
Zinc, Zn	mg	0.18	0.30	0.26
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	5.4	8.9	7.8
Thiamin	mg	0.112	0.185	0.162
Riboflavin	mg	0.182	0.300	0.264
Niacin	mg	1.114	1.838	1.615
Vitamin B-6	mg	0.188	0.310	0.273
Folate, DFE	µg	3	5	4
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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<b>Lipids</b>				
Fatty acids, total saturated	g	0.178	0.294	0.258
Fatty acids, total monounsaturated	g	0.022	0.036	0.032
Fatty acids, total polyunsaturated	g	0.159	0.262	0.231
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

**Amino Acids**

**Other**