

Long Green Raisins



Nutrient	Units	Value per 100g	Value per 28g, 1 oz (1 handful)
Proximates			
Water	g	15.46	4.38
Energy	kcal	299	85
Energy	kJ	1250	354
Protein	g	3.30	0.94
Total lipid (fat)	g	0.25	0.07
Ash	g	1.68	0.48
Carbohydrate, by difference	g	79.32	22.49
Fiber, total dietary	g	4.5	1.3
Sugars, total	g	65.18	18.48
Sucrose	g	0	0
Glucose (dextrose)	g	30.51	8.65
Fructose	g	34.67	9.83
Lactose	g	0.00	0.00
Maltose	g	0.00	0.00
Galactose	g	0.00	0.00
Minerals			
Calcium, Ca	mg	62	18
Iron, Fe	mg	1.79	0.51
Magnesium, Mg	mg	36	10
Phosphorus, P	mg	98	28
Potassium, K	mg	744	217

Sodium, Na	mg	26	7
Zinc, Zn	mg	0.36	0.10
Copper, Cu	mg	0.272	0.077
Manganese, Mn	mg	0.281	0.080
Selenium, Se	µg	0.6	0.2
Fluoride, F	µg	233.9	66.3
Vitamins			
Vitamin K (phylloquinone)	µg	3.5	1.0
Vitamin C, total ascorbic acid	mg	2.3	0.7
Thiamin	mg	0.106	0.030
Riboflavin	mg	0.125	0.035
Niacin	mg	0.766	0.217
Vitamin B-6	mg	0.174	0.049
Folate, total	µg	5	1
Folic acid	µg	0.0	0.0
Folate, food	µg	5	1
Folate, DFE	µg	5	1
Choline, total	mg	11.1	3.1
Vitamin B-12	µg	0.00	0.00
Vitamin B-12, added	µg	0.00	0.00
Vitamin A, RAE	µg	0.0	0.0
Retinol	µg	0.0	0.0
Carotene, beta	µg	0.0	0.0
Carotene, alpha	µg	0.0	0.0
Cryptoxanthin, beta	µg	0.0	0.0
Vitamin A, IU	IU	0.0	0.0
Lycopene	µg	0.0	0.0
Lutein + zeaxanthin	µg	0.0	0.0
Vitamin E (alpha-tocopherol)	mg	0.12	0.03
Vitamin E, added	mg	0.00	0.00
Tocopherol, beta	mg	0.00	0.00

Tocopherol, gamma	mg	0.04	0.01
Tocopherol, delta	mg	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0.0	0.0
Lipids			
12:0	g	0.000	0.000
14:0	g	0.04	0.001
Fatty acids, total saturated	g	0.094	0.027
15:0	g	0.000	0.000
8:0	g	0.000	0.000
4:0	g	0.000	0.000
10:0	g	0.000	0.000
17:0	g	0.000	0.000
6:0	g	0.000	0.000
16:0	g	0.056	0.016
18:0	g	0.013	0.004
20:0	g	0.003	0.000
22:0	g	0.004	0.001
Fatty acids, total monounsaturated	g	0.024	0.007
14:1	g	0.000	0.000
16:1 undifferentiated	g	0.001	0.000
15:1	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.053	0.015
17:1	g	0.000	0.000
18:2 undifferentiated	g	0.039	0.011
18:1 undifferentiated	g	0.012	0.003
18:3 undifferentiated	g	0.014	0.002
18:3 n-6 c,c,c	g	0.000	0.000
20:1	g	0.000	0.000
18:4	g	0.000	0.000
22:1 undifferentiated	g	0.000	0.000

20:2 n-6 c,c	g	0.000	0.000
20:3 undifferentiated	g	0.000	0.000
20:4 undifferentiated	g	0.000	0.000
20:5 n-3 (EPA)	g	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0.000
Cholesterol	mg	0.0	0.0
Amino Acids			
Tryptophan	g	0.050	0.014
Threonine	g	0.077	0.022
Isoleucine	g	0.057	0.016
Leucine	g	0.096	0.027
Lysine	g	0.084	0.024
Methionine	g	0.021	0.006
Cystine	g	0.019	0.005
Phenylalanine	g	0.065	0.018
Tyrosine	g	0.012	0.003
Valine	g	0.083	0.024
Arginine	g	0.413	0.117
Histidine	g	0.072	0.020
Alanine	g	0.105	0.030
Aspartic acid	g	0.110	0.031
Glutamic acid	g	0.164	0.046
Glycine	g	0.080	0.023
Proline	g	0.254	0.072
Serine	g	0.070	0.020
Others			
Alcohol, ethyl	g	0.0	0.0
Caffeine	mg	0.0	0.0
Theobromine	mg	0.0	0.0