

Raisins

Serving Size: 1/4 cup (40g)

Calories 130

Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 31g	10%
Dietary Fiber 2g	8%
Sugars 29g	
Protein 1g	
Vitamin A <2%	Calcium 2%
Vitamin C <2%	Iron 6%

Varieties

Raisin

Dark/purple raisin, golden raisin, dipped seedless, Muscat, Zante currant