



Sun-Maid Growers of California
CALIFORNIA PROCESSING, R & D, OPERATIONS
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Sun-Maid Raisins – 24/6/1.33 oz. Box – 04-02020-000

Ingredients: California Seedless Raisins

Nutrition Facts	
Serving size	1 Box (38g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 30g	11%
Dietary Fiber 2g	6%
Total Sugars 24g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 280mg	6%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet.	

Nutrients	Per 100g	Nutrients	Per 100g
Gram Weight (g)	100	Vitamin B1 (mg)	0.10
Calories (kcal)	293.55	Vitamin C (mg)	2.26
Calories from Fat (kcal)	2.21	Vitamin D (mcg)	0.00
Calories from Sat Fat (kcal)	0.83	Vitamin E - Alpha-Toco (mg)	0.12
Protein (g)	3.24	Folate (mcg DFE)	4.91
Carbohydrates (g)	77.88	Vitamin K (mcg)	3.44
Dietary Fiber (g)	4.42	Calcium (mg)	60.87
Total Sugars (g)	63.99	Copper (mg)	0.27
Added Sugars (g)	0.00	Iron (mg)	1.76
Fat (g)	0.25	Magnesium (mg)	35.34
Saturated Fat (g)	0.09	Manganese (mg)	0.28
Mono Fat (g)	0.02	Phosphorus (mg)	96.21
Poly Fat (g)	0.05	Potassium (mg)	730.45
Trans Fatty Acid (g)	0.00	Selenium (mcg)	0.59
Cholesterol (mg)	0.00	Sodium (mg)	25.53
Water (g)	17.00	Zinc (mg)	0.35
Vitamin A – RAE (mcg)	0.00		