

# Raisins - Organic Thompson

## Nutrition Facts

Serving Size: 1/4 cup (40g)  
Serving per Container:

### Amount per Serving

Calories	130	Calories from Fat:
% Daily Value *		
Total Fat	0 g	0 %
Saturated Fat	0 g	0 %
Trans Fat	0 g	
Cholesterol	0 mg	0 %
Sodium	10 mg	0 %
Total Carbohydrates	31 g	10 %
Dietary Fiber	2 g	9 %
Sugars	29 g	
Protein	1 g	

Vitamin A	~%	Vitamin C	5 %
Calcium	5%	Iron	12 %

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
calorie needs.

	Calories:	2,000	2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g

### Calories per gram

Fat 9 Carbohydrates 4 Protein 4

### Ingredients

Organic Raisins, Organic Sunflower Oil

\*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.