

Raisins - Thompson

Nutrition Facts

Serving Size: 100g

Serving per Container:

Amount per Serving

Calories	299	Calories from Fat:	4
% Daily Value *			
Total Fat	0 g		1 %
Saturated Fat	0 g		0 %
<i>Trans</i> Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	11 mg		0 %
Total Carbohydrates	79 g		26 %
Dietary Fiber	4 g		15 %
Sugars	59 g		
Protein	3 g		

Vitamin A	0%	Vitamin C	4 %
Calcium	5%	Iron	10 %

* 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: Raisins (may contain 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.