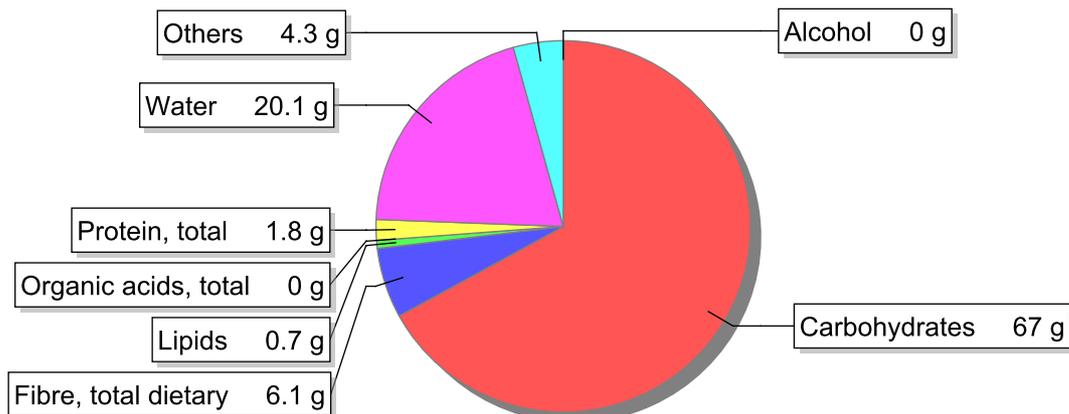


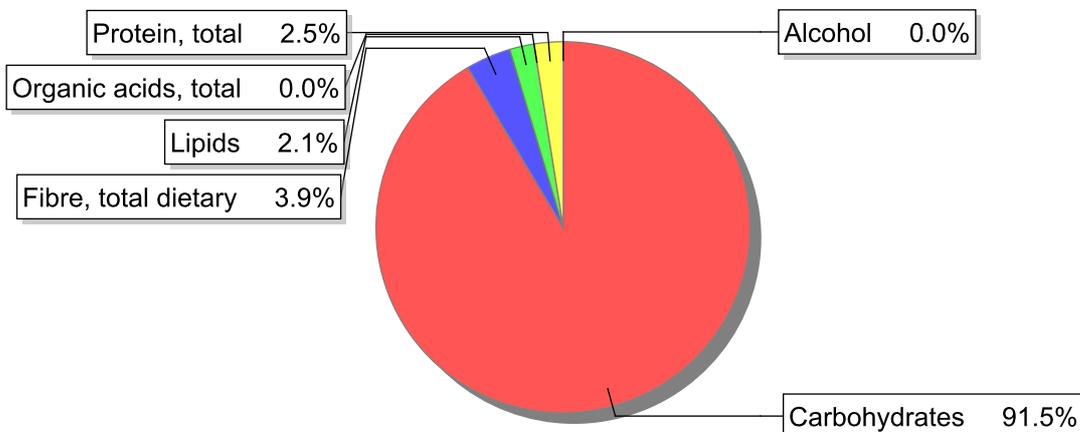
Food

Name: Raisins
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 99%
Code: IS695
FoodEX2 Code: A01ME

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	294	kcal	
energy kJ, total metabolisable	1240	kJ	
fatty acids, total saturated	0.2	g	57
fatty acids, total monounsaturated	0	g	57
fatty acids, total polyunsaturated	0.2	g	57
fatty acid 18:2 n-6 cis,cis	0.2	g	57
fatty acids, total trans	0	g	
sugars, total	67	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	6.1	g	
protein, total	1.8	g	57
alcohol	0	g	57
water	20.1	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	2	µg	
carotene, total (vitamin A precursors)	12	µg	
vitamin D	0	µg	57
alpha-tocopherol	0	mg	
thiamin	0.12	mg	57
riboflavin	0.04	mg	57
niacin, preformed	0.5	mg	57
niacin equivalents, total	0.6	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.25	mg	
vitamin B-12	0	µg	57
vitamin C	1	mg	57
folate, total	10	µg	
iodide	5.5	µg	1140
sodium	53	mg	57
potassium	880	mg	57
calcium	49	mg	57
phosphorus	36	mg	57
magnesium	43	mg	57
iron, total	2.4	mg	
zinc	0.1	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
1140	TDS_Iodo_INSA_LAB_2