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NUTRITIONAL FACTS

Item: California Natural Thompson Select Raisins

Composition

Nutrients

Energy	300Kcal
Water	15.4g
Proteins (N x 6.25)	3.3g
Carbohydrates (total by difference)	79.2g
Dietary Fiber	5.3g
Ash	1.8g
Fat (total lipids)	0.46g

Vitamins

Ascorbic Acid (Vitamin C)	3.3mg
Thiamin	0.16mg
Riboflavin (by microbiological assay)	0.09mg
Niacin (by microbiological assay)	0.82mg
Pantothenic Acid	0.05mg
Vitamin B6	0.25mg
Folacin	3.30ug
Vitamin A	8.00 IU
Biotin	4.00ug

Minerals

Calcium	49.00mg
Copper	0.31mg
Iron	2.00mg
Magnesium	33.00mg
Manganese	0.31mg
Phosphorus	97.00mg
Potassium	751.00mg
Sodium	12.00mg
Zinc	0.27mg

Characteristics

Physical Properties

Specific gravity

at 13-15% moisture	1.4-1.42
at 15-18% moisture	1.275
Weight per berry at 13-15% moisture	0.41-0.48g

Water Activity at 25°C

at 13-15% moisture	0.51-0.56
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Loose and tapped bulky density

Poured density	0.6-0.7g/ml
Tapped density	0.66-0.78 g/ml

Shear strength

Maximum shear force	47-53 kg
Penetration force	151-171g

Chemical Properties

pH (2:1 dilution)	3.5-4.0
Acidity (as tartaric acid)	1.5-2.2%
Total reducing sugars	68-70g/100g
Glucose	31.7-33.1g/100g
Fructose	36.2-36.9g/100g
Sucrose	< 0.1g/100g
Fructose/Glucose	1.12-1.15

Nutrients / 100g; g=gram; mg=milligram; ug=micrograms; Kcal=kilocalorie; IU = International Unit.