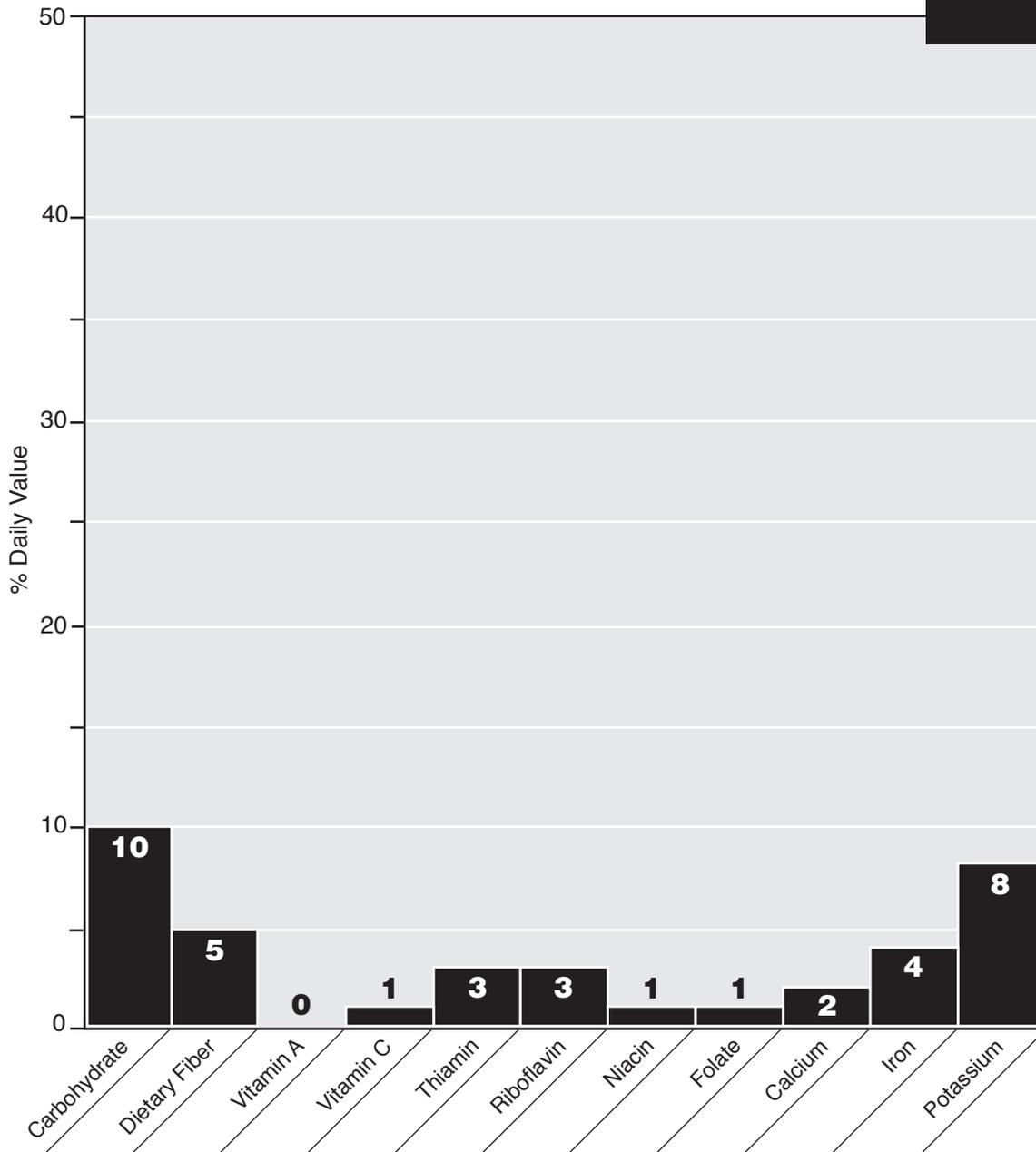


Raisin

Vitaceae *Vitis vinifera*

(analysis based on dark seedless raisin)

Pictured from left: golden seedless, dark seedless raisins



Serving Size

- 1/4 Cup
- 36 Grams
- 108 Calories
 - 1% from fat
 - 3% from protein
 - 95% from carbohydrate
- 1 Gram Protein
- 29 Grams Carbohydrate
 - 1.3 grams dietary fiber
- 0.2 Gram Fat
- 6 Grams Water
- 4 Milligrams Sodium

