

Dannie B. Cantos
Director of Food Safety & QA
3192 S. Indianola Ave.
Sanger California 93657

e mail: danniec@chooljianbrothers.com
phone: (559) 875-5501
Fax: (559) 875-6618

NUTRITIONAL FACTS

Description: NTS Raisins

Composition

Nutrients

Energy	299 Kcal
Water	15.4 g
Proteins (N x 6.25)	3.31 g
Carbohydrates (total by difference)	79.2 g
Dietary Fiber	3.7 g
Fat (total lipids)	0.46 g
• Fatty Acids, total saturated	0.06 g
• Fatty Acids monosaturated	0.05 g
• Fatty Acids polyunsaturated	0.04 g
• Fatty Acids, total trans	0.000 g
Sugar	59.19 g
Cholesterol	0 mg

Vitamins

Ascorbic Acid (Vitamin C)	2.3 mg
Thiamin	0.12 mg
Riboflavin (by microbiological assay)	0.12 mg
Niacin (by microbiological assay)	0.77 mg
Pantothenic Acid	0.05 mg
Vitamin B-12	0.00 mg
Folate, DFE	5.0 ug
Vitamin A, RAE	0.00 ug
Vitamin A IU	0 IU
Vitamin E (alpha-tocopherol)	0.12 mg
Vitamin D (D2 +D3)	0 ug
Vitamin K (phylloquinone)	3.5 ug

Minerals

Calcium	50 mg
Iron, FE	1.88 mg
Phosphorous P	101 mg
Potassium K	749 mg
Sodium, Na	11 mg
Magnesium	32 mg
Zinc	0.22 mg

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.