

# ***BOGHOSIAN RAISIN PACKING CO., INC.***

GROWERS & PACKERS OF CALIFORNIA RAISINS

## NUTRITIONAL DATA

The data used for the consumer label for a one fourth cup (40g) serving of raisins (all varieties) and raisin paste is as follows:

<u>DIETARY COMPONENT</u>	<u>PER 100G</u>	<u>PER 40G</u>	<u>REQUIRED LABELING</u>
Total calories	316	126	130
Calories from Fat	6.4	2.6	0
Total fat 0% DV	.71g	.28g	0g
Saturated fat 0% DV	0g	0g	0g
Trans Fat 0% DV	0g	0g	0g
Cholesterol 0% DV	0mg	0g	0g
Sodium 0% DV	19.4mg	7.8mg	10mg
Total Carbohydrate 10% DV	76.9g	30.76mg	31g
Dietary fibre 9% DV	5.86g	2.34g	2g
Sugars	71.4g	28.5g	29g
Protein	3.02g	1.2g	1g
Vitamin A <2% DV	7.73 IU	3.7 IU	*
Vitamin C <2% DV	.24mg	0.1mg	*
Calcium 2% DV	35.1 mg	15.9mg	*
Iron 6% DV	3.05mg	1.17mg	
Potassium 9% DV	766mg	310mg	

DV – Daily Value

\* Contains less than 2% of the daily value of these nutrients