

**Nutritional Information California
Golden Seedless Raisins**

Nutritional Data	(Per 100g sample)
Calories	302.00 Kcal
Protein	3.39 grams
Carbohydrates	79.52 grams
Sugars	59.19 grams
Dietary Fiber	4.00 grams
Total Fat	0.46 grams
Ash	1.66 grams
Calcium	53.00 mg
Copper	0.363 mg
Iron	1.79 mg
Magnesium	35.00 mg
Manganese	0.31 mg
Phosphorus	115.00 mg
Potassium	746.00 mg
Sodium	12.00 mg
Zinc	0.32 mg
Vitamin C	3.20 mg
Thiamin	0.008 mg
Riboflavin	0.09 mg
Niacin	1.14 mg
Pantothenic Acid	0.14 mg
Vitamin B6	0.32 mg
Folate	3.0 mcg
Vitamin D	0%
Added Sugars	0.00 mg

*Source: USDA National Data Laboratories