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## 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 |
|--------------------|-----------|

##### ***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.