



**Food ID:** E116

**Food name and Description:** Raisin

**Scientific name:**

**Alternate/Common name(s):** Pasas

**Edible portion:** 100%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	14.6
Energy, calculated (kcal)	340
Protein (g)	3.5
Total Fat (g)	1.1
Carbohydrate, total (g)	78.9
Ash, total (g)	1.9

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	4
Sugars, total (g)	59.4

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	76
Phosphorus, P (mg)	125
Iron, Fe (mg)	3.8
Sodium, Na (mg)	17

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.14
Riboflavin, Vitamin B2 (mg)	0.14
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	0

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.14
Fatty acids, monounsaturated, total (g)	0.12
Fatty acids, polyunsaturated, total(g)	0.09
Cholesterol (mg)	0