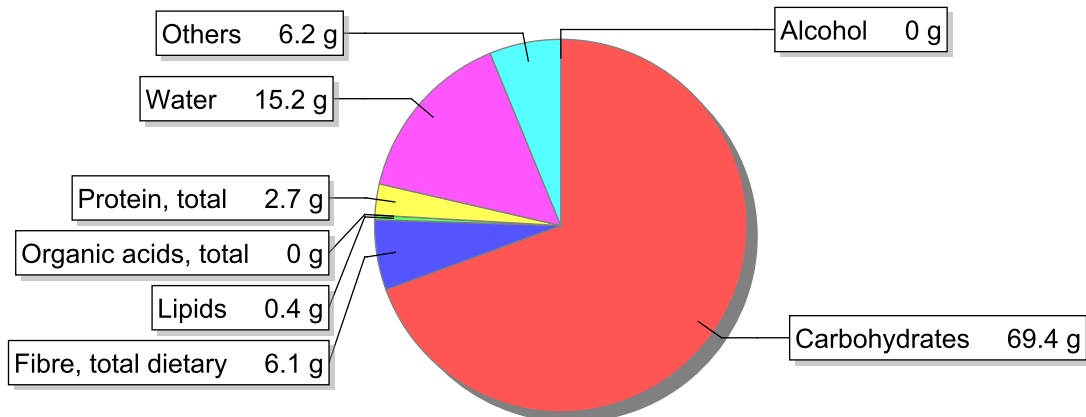


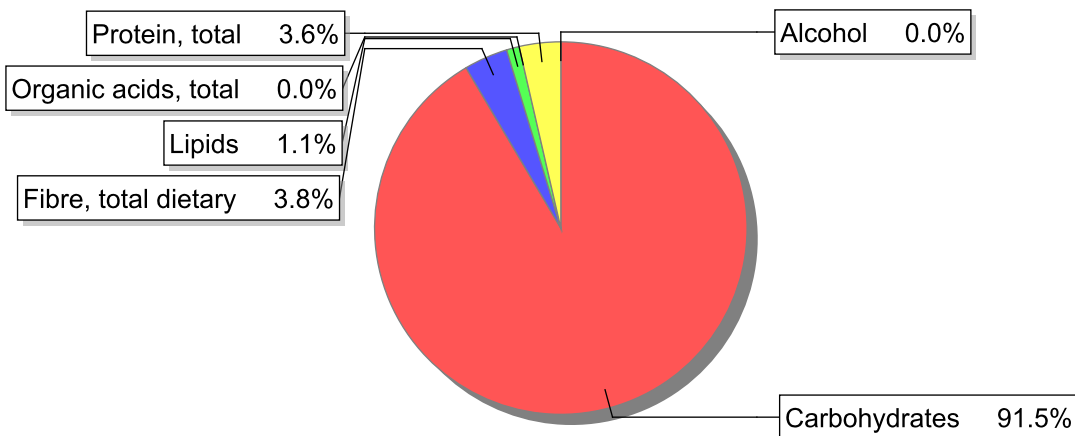
Food

Name: Sultanas
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 100%
Code:
FoodEX2 Code: A01ME

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	304	kcal	
energy kJ, total metabolisable	1290	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	649
sugars, total	69.4	g	649
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0	g	
starch, total	0	g	
protein, total	2.7	g	649
alcohol	0	g	649
water	15.2	g	649
organic acids, total	0	g	
cholesterol	0	mg	649
vitamin A; retinol equiv from retinol and carotenoid activities	2	µg	649
carotene, total (vitamin A precursors)	12	µg	
vitamin D	0	µg	649
alpha-tocopherol	0.7	mg	
thiamin	0.09	mg	649
riboflavin	0.05	mg	649
niacin, preformed	0.8	mg	649
niacin equivalents, total	1	mg	
niacin equivalents from tryptophan	0.2	mg	649
vitamin B-6, total	0.25	mg	649
vitamin B-12	0	µg	649
vitamin C	0	mg	
folate, total	27	µg	649
iodide	5.5	µg	1140
sodium	19	mg	649
potassium	1060	mg	649
calcium	64	mg	649
phosphorus	86	mg	649
magnesium	31	mg	649
iron, total	2.2	mg	649
zinc	0.3	mg	649

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
649	McCance and Widdowson's 'composition of foods integrated dataset' on the nutrient content of the UK food supply File: McCance_Widdowson_s_Composition_of_Foods_Integrated_Dataset (Published 25 March 2015).
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