

NUTRITIONAL INFORMATION PER 100G

	Sultanas	Raisins	Currants	Sunmuscats
Energy	1337kJ	1279kJ	1173kJ	1310kJ
Protein	2.8g	2.3g	2.8g	2.5g
Fat				
<i>Total</i>	0.4g	< 1g	< 1g	< 1g
<i>Sat. fatty acids</i>	< 1g	< 1g	< 1g	< 1g
<i>Trans fatty acids</i>	Nil	< 1g	< 1g	< 1g
<i>Mono. fatty acids</i>	Nil	< 1g	< 1g	< 1g
<i>Poly. fatty acids</i>	Nil	< 1g	< 1g	< 1g
Carbohydrates				
<i>Total</i>	65.2g	71.1g	65.1g	70.8g
<i>Sugars</i>	63.5g	69g	63.2g	67.2g
<i>Dietary fibre</i>	6g	4.9g	6g	4.4g
Cholesterol	Nil	Nil	Nil	Nil
Sodium	46mg	58mg	46mg	9mg
Iron		4.2mg	2.3mg	3mg
Potassium	810mg	1050mg	810mg	910mg
Calcium		41mg	87mg	