



**Unicoft**<sup>®</sup>  
a unique company of commerce



**04**

**FOOD PRODUCTS**

RAISIN

# RAISINS

## SEEDLEES YELLOW RAISINS

Raisins can contain up to 72% sugars by weight, most of which is fructose and glucose.

They also contain about 3% protein and 3.7%–6.8% dietary fiber.

Raisins, like prunes and apricots, are also high in certain antioxidants, but have a lower vitamin C content than fresh grapes.

Raisins are low in sodium and contain no cholesterol.

