

# USDA Foods Product Information Sheet

For Child Nutrition Programs



## 100295— Raisins, Unsweetened

Category: **Fruits**



### PRODUCT DESCRIPTION

This item is U. S. Grade B or better seedless raisins with no added sweetener. This item is available in a case containing 24/15 ounce boxes.

### CREDITING/YIELD

- One case of raisins yields about 284 ¼-cup servings.
- CN Crediting: ¼ cup raisins credit as ½ cup fruit.

### CULINARY TIPS AND RECIPES

- Raisins can be served plain or used in recipes for baked items, granola, or trail mix.
- Raisins also make a good topping for yogurt parfaits, oatmeal and salads.
- For culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or USDA's [Team Nutrition](#).

### FOOD STORAGE INFORMATION

- For best results, store raisins at 70° F or cooler. Optimal storage for raisins involves cold storage, such as refrigerator or freezer temperatures.
- For best results, do not store raisins near other grain-based foods, such as cereals, rice, flour, or baking mixes.

### FOOD SAFETY INFORMATION

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process](#)

### NUTRITION FACTS

Serving size: 1/4 cup (36 g) raisins, seedless

#### Amount Per Serving

**Calories** 108

**Total Fat** 0g

Saturated Fat 0g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 4mg

**Total Carbohydrate** 29g

Dietary Fiber 1g

Sugars 22g

**Protein** 1g

Source: [USDA National Nutrient Database](#)

**Allergen Information:** Please refer to the allergen statement on the outside of the product package for vendor-specific information. For more information, please contact the product manufacturer directly.

Nutrient values in this section are from the USDA National Nutrient Database for Standard Reference or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.