



## RAISINS, SEEDLESS

Date: August 2016

Code: 100293 and 100295

### PRODUCT DESCRIPTION

- Raisins are U.S. Grade B, packed whole and loose.

### PACK/YIELD

- Raisins are packed in 1.33 ounce boxes or 15 ounce cartons. The 1.33 ounce box is 1 serving and a 15 ounce carton contains about 10 servings (1/4 cup each) of dry fruit.

### STORAGE FOR HOUSEHOLDS

- To maintain optimum freshness, keep raisins sealed in an airtight container in the refrigerator.
- Raisins freeze well for long periods of time. They also thaw quickly at room temperature for a quick, convenient and healthy snack.
- Keep raisins and other dried fruits away from grain-based foods such as cereals, rice, wheat flour, baking mixes, etc.

### USES AND TIPS

- Raisins are ready-to-eat or may be added to sandwich fillings, rice dishes, stuffing, salads, hot or cold cereals, puddings, and baked items.
- Raisins may be combined with peanuts, sunflower seeds, or granola to make a trail mix.
- Toss raisins in fresh vegetable salads and pasta salads.

### NUTRITION INFORMATION

- 1/4 cup raisins counts as 1/2 cup in the MyPlate.gov Fruit Group. For a 2,000 calorie diet, the daily recommendation is about 2 cups of fruit daily.

### FOOD SAFETY INFORMATION

- Check raisins for foreign material, insects, or mold before use.

### OTHER RESOURCES

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.choosemyplate.gov](http://www.choosemyplate.gov)
- [www.fns.usda.gov/fdd/](http://www.fns.usda.gov/fdd/)
- [www.whatscooking.fns.usda.gov](http://www.whatscooking.fns.usda.gov)

## Nutrition Facts

Serving Size: 1 small box (1.33 oz), (43g), (1/4 cup) seedless raisins

### Amount Per Serving

**Calories** 129 **Calories from Fat** 0

### % Daily Value\*

<b>Total Fat</b> 0.2 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 5 mg	<b>0%</b>
<b>Total Carbohydrate</b> 34 g	<b>11%</b>
Dietary Fiber 1.6 g	<b>6%</b>
Sugars 25 g	
<b>Protein</b> 1.3 g	

Vitamin A 0%	Vitamin C 1%
Calcium 2%	Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet.

## EASY RICE PUDDING

**MAKES 4 SERVINGS**

### Ingredients

- ½ cup raisins
- ⅔ cup white rice (uncooked)
- 2 cups warm water
- 1 teaspoon margarine (if you like)
- ½ cup nonfat dry milk
- 2 tablespoons sugar
- ½ teaspoon vanilla
- ½ teaspoon cinnamon
- 1 cup water

### Directions

1. Combine rice and water in large microwave-safe dish. If using margarine add that too. Cover loosely, so steam will escape.
2. Cook in microwave on high for 5 minutes or until mixture comes to a boil. Reduce setting to 50% power, and cook an additional 10 minutes.
3. Mix other ingredients together while rice is cooking.
4. Without allowing rice to cool, remove cover carefully and quickly stir milk-water-raisin mixture into hot rice. Cover loosely again and continue cooking at 50% power for 10 minutes. After cooking time is finished, let pudding sit, covered, for 10 minutes.

Nutrition Information for 2/3 cup, ¼ of recipe (246g)							
<b>Calories</b>	240	<b>Cholesterol</b>	less than 5 mg	<b>Sugar</b>	23 g	<b>Vitamin C</b>	2 mg
<b>Calories from Fat</b>	10	<b>Sodium</b>	55 mg	<b>Protein</b>	6 g	<b>Calcium</b>	210 mg
<b>Total Fat</b>	1 g	<b>Total Carbohydrate</b>	52 g	<b>Vitamin A</b>	106 RAE	<b>Iron</b>	2 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	1 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder*

## APPLE SALAD

**MAKES 8 SERVINGS**

### Ingredients

- 2 cups apples (diced)
- 1 cup celery (diced)
- ½ cup raisins
- ½ cup walnuts (if you like)
- 2 tablespoons salad dressing or mayonnaise
- 1 tablespoon orange juice

### Directions

1. Mix orange juice with salad dressing or mayonnaise.
2. Toss apples, celery, and raisins with the dressing mixture. If using walnuts, add that too.

Nutrition Information for ½ cup, 1/8 of recipe (73g)							
<b>Calories</b>	110	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	11 g	<b>Vitamin C</b>	3 mg
<b>Calories from Fat</b>	60	<b>Sodium</b>	45 mg	<b>Protein</b>	2 g	<b>Calcium</b>	20 mg
<b>Total Fat</b>	6 g	<b>Total Carbohydrate</b>	15 g	<b>Vitamin A</b>	7 RAE	<b>Iron</b>	0 mg
<b>Saturated Fat</b>	1 g	<b>Dietary Fiber</b>	2 g				

*Recipe adapted from SNAP-ED Connection Recipe Finder*