





| Per 100g   |                             | Energy (kJ) | Protein (g) | Fat Total (g) | Fat Saturated (g) | Fat Monounsaturated (g) | Fat Polyunsaturated (g) | Carbohydrate Total (g) | Carbohydrate Sugars (g) | Dietary Fibre (g) | Sodium (mg) | Potassium (mg) | Magnesium (mg) | Calcium (mg) | Iron (mg) | Zinc (mg) | Thiamin (mg) | Riboflavin (mg) | Niacin (mg) | Vitamin C (mg) | Folate (mg) | Vitamin B6 (mg) | Vitamin A, RAE (mcg) | Vitamin E (mg) |
|--|-----------------------------|-------------|-------------|---------------|-------------------|-------------------------|-------------------------|------------------------|-------------------------|-------------------|-------------|----------------|----------------|--------------|-----------|-----------|--------------|-----------------|-------------|----------------|-------------|-----------------|----------------------|----------------|
|    | Dried Apple                 | 1017        | 0.93        | 0.32          | 0.05              | 0.01                    | 0.09                    | 65.89                  | 57.19                   | 8.7               | 87          | 450            | 16             | 14           | 1.4       | 0.2       | 0            | 0.15            | 0.92        | 3.9            | 0           | 0.12            | 0                    | 0.53           |
|    | Dried Apricots              | 1009        | 3.39        | 0.51          | 0.01              | 0.07                    | 0.07                    | 62.64                  | 53.44                   | 7.3               | 10          | 1162           | 32             | 55           | 2.66      | 0.39      | 0.01         | 0.07            | 2.58        | 1.0            | 10          | 0.14            | 180                  | 4.33           |
|    | Banana Chips                | 2170        | 2.3         | 33.6          | 28.97             | 1.95                    | 0.63                    | 58.4                   | 35.34                   | 7.7               | 6           | 536            | 76             | 18           | 1.25      | 0.75      | 0.08         | 0.01            | 0.71        | 6.3            | 14          | 0.26            | 4                    | 0.24           |
|    | Sweetened Dried Cranberries | 1289        | 0.07        | 1.37          | 0.10              | 0.19                    | 0.65                    | 82.36                  | 65                      | 5.7               | 3           | 40             | 5              | 10           | 0.53      | 0.11      | 0            | 0.01            | 0.99        | 0.2            | 0           | 0.03            | 0                    | 1.07           |
|    | Dates                       | 1178        | 2.45        | 0.39          | 0.03              | 0.03                    | 0.01                    | 75.03                  | 63.35                   | 8                 | 2           | 656            | 43             | 39           | 1.02      | 0.29      | 0.05         | 0.06            | 1.27        | 0.4            | 19          | 0.16            | 0                    | 0.05           |
|    | Dried Peaches               | 1360        | 4.89        | 1.03          | 0.11              | 0.37                    | 0.49                    | 83.18                  | na                      | na                | 10          | 1351           | 57             | 38           | 5.51      | 0.78      | 0.03         | 0.11            | 4.82        | 10.6           | 7           | 0.15            | 71                   | 0              |
|   | Dried Pear                  | 1096        | 1.87        | 0.63          | 0.03              | 0.13                    | 0.14                    | 69.7                   | 62.2                    | 7.5               | 6           | 533            | 33             | 34           | 2.1       | 0.39      | 0            | 0.14            | 1.37        | 7              | 0           | 0.07            | 3                    | 0.06           |
|  | Prunes                      | 1006        | 2.18        | 0.38          | 0.08              | 0.05                    | 0.06                    | 63.9                   | 38.13                   | 7.1               | 2           | 732            | 41             | 43           | 0.93      | 0.44      | 0.05         | 0.18            | 1.88        | 0.6            | 4           | 0.20            | 39                   | 0.43           |
|  | Raisins                     | 1252        | 3.07        | 0.46          | 0.05              | 0.05                    | 0.03                    | 79.18                  | 59.19                   | 3.7               | 11          | 749            | 32             | 50           | 1.8       | 0.22      | 0.10         | 0.12            | 0.76        | 2.3            | 5           | 0.17            | 0                    | 0.12           |
|  | *Sultanas                   | 1370        | 2.8         | 0.4           | 0                 | 0                       | 0                       | 75                     | 73.2                    | 4.4               | 36          | 910            | 37             | 56           | 2         | na        | 0.2          | na              | 0.5         | 0              | na          | na              | na                   | na             |

^values are approximate and may vary due to seasonal fluctuations

**Sources:**

USDA Food and Nutrient Database for Dietary Studies, 4.1. 2010. Beltsville, MD: Agricultural Research Service, Food Surveys Research Group.

\*Food Standards Australia New Zealand (FSANZ) NUTTAB 2006

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