

# RAISINS, SEEDLESS

for use in the USDA Household  
Commodity Food Distribution Programs

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## Product Description

**Raisins** are packed whole and loose.

## Pack/Yield

Raisins are packed in 1.33-ounce boxes or 15-ounce cartons. One pound of raisins yields 12.6 ¼-cup servings of dry fruit and 21.4 ¼-cup servings of cooked fruit.

## Storage

- Store opened raisins in the refrigerator.
- After opening, fold down the poly bag liner to help retain moisture. Opened packages of raisins should be used within 6 months.

## 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.
- Raisins keep cookies and cakes moist. Chopped raisins impart a full flavor to baked goods. Add whole, sliced, or chopped raisins to muffins, breads, cookies, and other desserts.
- Toss in fresh vegetable salads or pasta salads.

**(See recipes on reverse side)**



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## Preparation/Cooking

- For easier chopping of raisins, use an oiled knife or blade.
- Raisins can be used dry. When the recipe calls for plumped raisins, cover the amount of raisins needed with very hot tap water and soak 2 to 5 minutes. Flavor and nutrients are lost with longer soaking. Drain well before using.
- Raisins freeze well and thaw quickly.

## Nutrition Information

- **Raisins** are low in fat and sodium, but high in carbohydrates for a quick pick-me-up snack.
- 1/4 cup of dried uncooked raisins provides 1 serving from the **FRUIT GROUP** of the Food Guide Pyramid.

### Nutrition Facts

Serving size ¼ cup (36 g)  
uncooked raisins

#### Amount Per Serving

<b>Calories</b>	108	<b>Fat Cal</b>	1
<b>% Daily Value*</b>			
<b>Total Fat</b>	0.1g		<b>0%</b>
	Saturated Fat	0g	<b>0%</b>
<b>Cholesterol</b>	0mg		<b>0%</b>
<b>Sodium</b>	4mg		<b>0%</b>
<b>Total Carbohydrate</b>	28g		<b>9%</b>
	Dietary Fiber	1g	<b>0%</b>
<b>Protein</b>	1g		
Vitamin A	0%	Vitamin C	1%
Calcium	1%	Iron	1%

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

## Broccoli-Raisin Salad

1 large head broccoli washed and trimmed  
1 cup chopped onion  
½ cup raisins  
½ cup chopped pecans or walnuts (optional)  
½ pound bacon, fried crisp and crumbled (optional)  
¾ cup lowfat mayonnaise  
2 tablespoons vinegar  
½ cup sugar

*Recipe provided by yumyum.com*

1. Cut broccoli into small florets and ½" stem pieces.
2. Combine broccoli, onions, raisin, nuts (optional), and bacon (optional).
3. In a small separate bowl, make dressing of mayonnaise, vinegar, and sugar.
4. Pour dressing over broccoli.
5. Refrigerate, covered, overnight to soften broccoli.
6. Toss before serving.

### Makes 8 servings

#### Nutrition Information for each serving of Broccoli-Raisin Salad:

Calories	182	Cholesterol	0 mg	Sugar	20 g	Calcium	49 mg
Calories from Fat	70	Sodium	189 mg	Protein	3 g	Iron	1.0 mg
Total Fat	7.8 g	Total Carbohydrate	27 g	Vitamin A	131 RE		
Saturated Fat	1.5 g	Dietary Fiber	3 g	Vitamin C	80 mg		

## Upside-Down Raisin-Apple Tart

6 cups peeled, sliced apples  
1½ cups raisins  
½ teaspoon cinnamon  
¾ cup sugar, divided  
3 tablespoons margarine or butter, melted  
  
1 pie crust, unbaked

*Recipe provided by California Raisin Marketing Board*

1. Heat oven to 400°F.
2. In a large bowl combine apples, raisins, cinnamon, and ¼ cup of sugar. Toss to coat.
3. Tilt/spread melted margarine on the sides and bottom of a 10" pie plate or casserole.
4. Sprinkle bottom of pie plate with ¼ cup sugar.
5. Distribute apple/raisin mixture over sugar.
6. Sprinkle ¼ cup sugar over the top of fruit.
7. Place pie crust over the apples, tucking edge over apples.
8. Bake for 25 minutes.
9. Cover crust loosely with foil and bake 25 minutes more.
10. Place serving plate upside down over pie plate and immediately turn tart upside down onto serving plate.
11. Serve warm with frozen yogurt.

### Makes 8 servings

#### Nutrition Information for each serving of Raisin-Apple Tart:

Calories	383	Cholesterol	0 mg	Sugar	50 g	Calcium	23 mg
Calories from Fat	114	Sodium	101 mg	Protein	2 g	Iron	1.3 mg
Total Fat	12.6 g	Total Carbohydrate	69 g	Vitamin A	33 RE		
Saturated Fat	3.3 g	Dietary Fiber	3 g	Vitamin C	5 mg		

**These recipes, presented to you by USDA, have not been tested or standardized.**

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