

# RAISINS, SULTANAS AND CURRANTS



Raisins, sultanas and currants are all popular types of dried fruit, specifically dried grapes.



All three are packed with fiber and potassium, and are a great source of antioxidants.



Half of the world's supply of raisins are grown in California.



Golden raisins are made from sultanas treated with  $\text{SO}_2$  and flame dried to give them their characteristic color.



Raisins range from about 67% to 72% sugar by weight, most of which is fructose and glucose.



Evidence of raisin production has been found in the writings of ancient Egyptians and Persians.

## Sources:

<https://www.healthline.com/nutrition/raisins-sultanas-currants#:~:text=Raisins%2C%20sultanas%20and%20currants%20are%20all%20types%20of%20dried%20grapes,the%20largest%20of%20the%20three.>

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<https://foodimentary.com/2012/04/30/mysteries-of-the-raisin/>

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