

RAISINS, SULTANAS AND CURRRANTS



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 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.>

<https://mobile-cuisine.com/did-you-know/raisin-fun-facts/#:~:text=History%20books%20note%20that%20raisins,colors%20vary%20by%20drying%20process.>

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

<http://justfunfacts.com/interesting-facts-about-raisins/>