

Dried Fruit

Organic Thompson Raisins

Country of Origin: USA

Certified Organic

Pro-Cert

left coast
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Nutrition Facts

Valeur nutritive

Per 1/3 cup (40 g) / par 1/3 tasse (40 g)

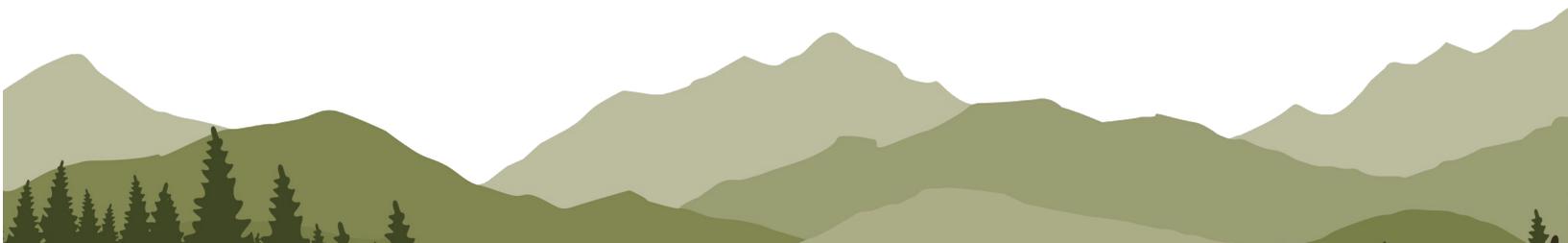
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 120	
Fat / Lipides 0.2 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	0 %
Carbohydrate / Glucides 32 g	11 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 27 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	6 %

Factoid:

The Thompson raisin, also known as the Sultana raisin, is popular because it is seedless. The Sultana grape, which the Thompson raisin is derived from, is also widely grown because of its soil and weather adaptability.

Ingredients:

Organic Thompson raisins.



Recipe:

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Sicilian Dressing

Ingredients:

1 Tbl capers, rinsed

1 Tbl Thompson raisins, soaked in very hot water for 10 minutes, drained and chopped

3 anchovy fillets

1 clove garlic, thinly sliced

1/4 C extra-virgin olive oil

2 Tbl fresh lemon juice

2 tsp balsamic vinegar

Salt and freshly ground black pepper, to taste

Instructions:

1. Pound the capers, raisins, anchovies and garlic into a coarse paste with a mortar and pestle.
2. Transfer the paste to a small jar with a tight-fitting lid and add the oil, lemon juice and vinegar.
3. Season with salt and pepper. Close the jar and shake vigorously to combine.

