## Copilot

Sure, here are some key attributes of raisins as an ingredient:

1. **Origin**: Raisins are dried grapes that originated in the Middle East before making their way to Europe [4].
2. **Form**: The drying process concentrates both the nutrients and sugars in grapes, making raisins nutrient-dense and calorie-dense [4].
3. **Flavor and Aroma**: Raisins have a naturally sweet taste and are a source of energy, making them a healthier alternative to candies and other sugary snacks [6].
4. **Culinary Uses**: Raisins are a versatile ingredient that can be used in a variety of dishes, including baked goods, salads, and savory dishes [4].
5. **Health Benefits**: Raisins are a good source of certain nutrients, including dietary fiber, antioxidants, and some vitamins and minerals like potassium and iron [6]. They are also full of antioxidants, specifically polyphenols, which help fight free radicals in the body, reducing inflammation [5].
6. **Nutritional Profile**: A typical serving of raisins (about 1/4 cup) contains around 130 calories, 1.5 grams of fiber, and provides a significant amount of potassium, iron, and B vitamins [7].
7. **Potential Risks**: While raisins are generally safe to eat, they are high in sugar and calories due to the drying process, so they should be eaten in moderation [4].

As for the raisins from Vending Nut Company, I found that they offer Black Raisins, Golden Raisins, and Chocolate Raisins [1]. Vending Nut Company is a family-owned & operated business providing the highest quality nuts available, packaged with uncompromising effort [2]. For specific details about their raisins, I would recommend reaching out to Vending Nut Company directly or visiting their website [1]. They should be able to provide you with the most accurate and up-to-date information.

Source: Conversation with Bing, 5/13/2024

1. [Raisins: Nutrition and Health Benefits - WebMD](https://www.webmd.com/diet/raisins-good-for-you)
2. [Raisins 101: Nutrition, Benefits, How To Make, Buy, Store | Raisins: A ...](https://www.faskitchen.com/raisins-101/)
3. [5 Health Benefits of Raisins, According to a Dietitian - Well+Good](https://www.wellandgood.com/benefits-of-raisins/)
4. [Raisins: A sweetener, snack, and superfood all rolled into one](https://www.businessinsider.in/science/health/food/raisins-what-is-nutritional-value-and-health-benefits-of-raisins/articleshow/102765478.cms)
5. [Raisins - Vending Nut Company](https://www.vendingnutco.com/product-category/dried-fruits/raisins/)
6. [About Us | Vending Nut Company: Since 1968 | Quality Nuts & Snacks](https://www.vendingnutco.com/about/)
7. [Raisinets (History, Pictures & Commercials) - Snack History](https://www.snackhistory.com/raisinets/)