

## Dried Dates



<b>Nutrient</b>	<b>Units</b>	<b>Value per 100gr</b>	<b>Value per 28gr, 1 oz (1 handful)</b>
<b>Proximates</b>			
Water	g	20.53	5.75
Energy	kcal	282	79
Energy	kJ	1178	330
Protein	g	2.45	0.69
Total lipid (fat)	g	0.39	0.11
Ash	g	1.60	0.45
Carbohydrate, by difference	g	75.03	21.01
Fiber, total dietary	g	8.0	2.2
Sugars, total	g	63.35	17.74
Sucrose	g	23.84	6.68
Glucose (dextrose)	g	19.87	5.56
Fructose	g	19.56	5.48
Lactose	g	0.00	0.00
Maltose	g	0.12	0.03
Galactose	g	0.00	0.00

<b>Minerals</b>			
Calcium, Ca	mg	39	11
Iron, Fe	mg	1.02	0.29
Magnesium, Mg	mg	43	12
Phosphorus, P	mg	62	17
Potassium, K	mg	656	184
Sodium, Na	mg	2	1
Zinc, Zn	mg	0.29	0.08
Copper, Cu	mg	0.206	0.058
Manganese, Mn	mg	0.262	0.073
Selenium, Se	µg	3.0	0.8
<b>Vitamins</b>			
Tocopherol, gamma	mg	0.05	0.01
Tocopherol, delta	mg	0.00	0.00
Vitamin D (D2 + D3)	µg	0.00	0.00
Vitamin D	IU	0.00	0.00
Vitamin K (phylloquinone)	µg	2.7	0.8
Vitamin E (alpha-tocopherol)	mg	0.05	0.01
Vitamin E, added	mg	0.00	0.00
Tocopherol, beta	mg	0.00	0.00
Vitamin A, IU	IU	10	3
Lycopene	µg	0.00	0.00
Lutein + zeaxanthin	µg	75	21

Carotene, alpha	µg	0.00	0.00
Cryptoxanthin, beta	µg	0.00	0.00
Carotene, beta	µg	6	2
Vitamin B-12, added	µg	0.00	0.00
Vitamin A, RAE	µg	0.00	0.00
Retinol	µg	0.00	0.00
Betaine	mg	0.4	0.1
Vitamin B-12	µg	0.00	0.00
Folate, food	µg	19	5
Folate, DFE	µg	19	5
Choline, total	mg	6.3	1.8
Vitamin B-6	mg	0.165	0.046
Folate, total	µg	19	5
Folic acid	µg	0.00	0.00
Niacin	mg	1.274	0.357
Pantothenic acid	mg	0.589	0.165
Thiamin	mg	0.052	0.015
Riboflavin	mg	0.066	0.018
Vitamin C, total ascorbic acid	mg	0.4	0.1
<b>Lipids</b>			
20:5 n-3 (EPA)	g	0.000	0.000
22:5 n-3 (DPA)	g	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0.000

Cholesterol	mg	0.0	0.0
Fatty acids, total saturated	g	0.032	0.009
4:0	g	0.000	0.000
6:0	g	0.000	0.000
8:0	g	0.001	0.000
10:0	g	0.001	0.000
12:0	g	0.001	0.000
14:0	g	0.001	0.000
15:0	g	0.000	0.000
17:0	g	0.001	0.000
16:0	g	0.017	0.005
18:0	g	0.011	0.003
20:0	g	0.000	0.000
22:0	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.036	0.010
14:1	g	0.000	0.000
15:1	g	0.000	0.000
16:1 undifferentiate	g	0.010	0.000
17:1	g	0.000	0.000
18:1 undifferentiated	g	0.035	0.010
20:1	g	0.000	0.000
22:1 undifferentiated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.019	0.005

18:2 undifferentiated	g	0.016	0.004
18:3 undifferentiated	g	0.003	0.001
18:3 n-6 c,c,c	g	0.000	0.000
18:4	g	0.000	0.000
20:2 n-6 c,c	g	0.000	0.000
20:3 undifferentiated	g	0.000	0.000
20:4 undifferentiated	g	0.000	0.000
<b>Amino Acids</b>			
Tryptophan	g	0.012	0.003
Threonine	g	0.043	0.012
Isoleucine	g	0.049	0.014
Leucine	g	0.084	0.024
Lysine	g	0.066	0.018
Methionine	g	0.022	0.006
Cystine	g	0.067	0.019
Phenylalanine	g	0.050	0.014
Tyrosine	g	0.015	0.004
Valine	g	0.071	0.020
Arginine	g	0.136	0.038
Histidine	g	0.032	0.009
Alanine	g	0.083	0.023
Aspartic acid	g	0.213	0.060
Glutamic acid	g	0.359	0.101

Glycine	g	0.101	0.028
Proline	g	0.130	0.036
Serine	g	0.057	0.016
<b>Others</b>			
Caffeine	mg	0.0	0.0
Theobromine	mg	0.0	0.0
Alcohol, ethyl	g	0.0	