

Basic Report 09421, Dates, medjool

Report Date: July 17, 2019 22:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	.23 Value Per23 g	1 date, pitted 24g
Proximates			
Water	g	4.90	5.12
Energy	kcal	64	66
Protein	g	0.42	0.43
Total lipid (fat)	g	0.03	0.04
Carbohydrate, by difference	g	17.24	17.99
Fiber, total dietary	g	1.5	1.6
Sugars, total	g	15.29	15.95
Minerals			
Calcium, Ca	mg	15	15
Iron, Fe	mg	0.21	0.22
Magnesium, Mg	mg	12	13
Phosphorus, P	mg	14	15
Potassium, K	mg	160	167
Sodium, Na	mg	0	0
Zinc, Zn	mg	0.10	0.11
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.012	0.012
Riboflavin	mg	0.014	0.014
Niacin	mg	0.370	0.386
Vitamin B-6	mg	0.057	0.060
Folate, DFE	µg	3	4
Vitamin A, RAE	µg	2	2
Vitamin A, IU	IU	34	36
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

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Vitamin K (phylloquinone)	µg	0.6	0.6
Lipids			
Fatty acids, total trans	g	0.000	0.000
Amino Acids			
Other			