

Basic Report 09421, Dates, medjool

Report Date: September 20, 2019 21:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 date, pitted 24g
Proximates			
Water	g	21.32	5.12
Energy	kcal	277	66
Protein	g	1.81	0.43
Total lipid (fat)	g	0.15	0.04
Carbohydrate, by difference	g	74.97	17.99
Fiber, total dietary	g	6.7	1.6
Sugars, total	g	66.47	15.95
Minerals			
Calcium, Ca	mg	64	15
Iron, Fe	mg	0.90	0.22
Magnesium, Mg	mg	54	13
Phosphorus, P	mg	62	15
Potassium, K	mg	696	167
Sodium, Na	mg	1	0
Zinc, Zn	mg	0.44	0.11
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.050	0.012
Riboflavin	mg	0.060	0.014
Niacin	mg	1.610	0.386
Vitamin B-6	mg	0.249	0.060
Folate, DFE	µg	15	4
Vitamin A, RAE	µg	7	2
Vitamin A, IU	IU	149	36
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 date, pitted 24g
Vitamin K (phylloquinone)	µg	2.7	0.6
Lipids			
Fatty acids, total trans	g	0.000	0.000
Amino Acids			
Other			