

**Full Report (All Nutrients) 45037765, MEDJOOL DATES, UPC: 097923323453**
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**Report Date: April 24, 2019 15:49 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Nutrient	Unit	Data points	Std. Error	2.0 DATES 46g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	137	298
Protein	g	--	--	1.00	2.17
Total lipid (fat)	g	--	--	0.00	0.00
Carbohydrate, by difference	g	--	--	33.00	71.74
Fiber, total dietary	g	--	--	3.0	6.5
Sugars, total	g	--	--	30.00	65.22
<b>Minerals</b>					
Calcium, Ca	mg	--	--	30	65
Iron, Fe	mg	--	--	0.18	0.39
Magnesium, Mg	mg	--	--	24	52
Potassium, K	mg	--	--	281	611
Sodium, Na	mg	--	--	4	9
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	150	326
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

**Amino Acids**
**Other**
**Ingredients**

 ORGANIC MEDJOOL DATES *Date Available: 03/11/2018 Date Last Updated by Company: 03/11/2018*