Basic Report 09087, Dates, deglet noor

Report Date: April 24, 2019 15:46 EDT

Nutrient values and weights are for edible portion.

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Unit</th>
<th>1 Value Per100 g</th>
<th>1 cup, chopped 147g</th>
<th>1 date, pitted 7.1g</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Proximates</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Water</td>
<td>g</td>
<td>20.53</td>
<td>30.18</td>
<td>1.46</td>
</tr>
<tr>
<td>Energy</td>
<td>kcal</td>
<td>282</td>
<td>415</td>
<td>20</td>
</tr>
<tr>
<td>Protein</td>
<td>g</td>
<td>2.45</td>
<td>3.60</td>
<td>0.17</td>
</tr>
<tr>
<td>Total lipid (fat)</td>
<td>g</td>
<td>0.39</td>
<td>0.57</td>
<td>0.03</td>
</tr>
<tr>
<td>Carbohydrate, by difference</td>
<td>g</td>
<td>75.03</td>
<td>110.29</td>
<td>5.33</td>
</tr>
<tr>
<td>Fiber, total dietary</td>
<td>g</td>
<td>8.0</td>
<td>11.8</td>
<td>0.6</td>
</tr>
<tr>
<td>Sugars, total</td>
<td>g</td>
<td>63.35</td>
<td>93.12</td>
<td>4.50</td>
</tr>
<tr>
<td><strong>Minerals</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Calcium, Ca</td>
<td>mg</td>
<td>39</td>
<td>57</td>
<td>3</td>
</tr>
<tr>
<td>Iron, Fe</td>
<td>mg</td>
<td>1.02</td>
<td>1.50</td>
<td>0.07</td>
</tr>
<tr>
<td>Magnesium, Mg</td>
<td>mg</td>
<td>43</td>
<td>63</td>
<td>3</td>
</tr>
<tr>
<td>Phosphorus, P</td>
<td>mg</td>
<td>62</td>
<td>91</td>
<td>4</td>
</tr>
<tr>
<td>Potassium, K</td>
<td>mg</td>
<td>656</td>
<td>964</td>
<td>47</td>
</tr>
<tr>
<td>Sodium, Na</td>
<td>mg</td>
<td>2</td>
<td>3</td>
<td>0</td>
</tr>
<tr>
<td>Zinc, Zn</td>
<td>mg</td>
<td>0.29</td>
<td>0.43</td>
<td>0.02</td>
</tr>
<tr>
<td><strong>Vitamins</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vitamin C, total ascorbic acid</td>
<td>mg</td>
<td>0.4</td>
<td>0.6</td>
<td>0.0</td>
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<tr>
<td>Thiamin</td>
<td>mg</td>
<td>0.052</td>
<td>0.076</td>
<td>0.004</td>
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<tr>
<td>Riboflavin</td>
<td>mg</td>
<td>0.066</td>
<td>0.097</td>
<td>0.005</td>
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<tr>
<td>Niacin</td>
<td>mg</td>
<td>1.274</td>
<td>1.873</td>
<td>0.090</td>
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<tr>
<td>Vitamin B-6</td>
<td>mg</td>
<td>0.165</td>
<td>0.243</td>
<td>0.012</td>
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<tr>
<td>Folate, DFE</td>
<td>µg</td>
<td>19</td>
<td>28</td>
<td>1</td>
</tr>
<tr>
<td>Vitamin B-12</td>
<td>µg</td>
<td>0.00</td>
<td>0.00</td>
<td>0.00</td>
</tr>
<tr>
<td>Vitamin A, RAE</td>
<td>µg</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Vitamin A, IU</td>
<td>IU</td>
<td>10</td>
<td>15</td>
<td>1</td>
</tr>
<tr>
<td>Nutrient</td>
<td>Unit</td>
<td>1 Value Per 100 g</td>
<td>1 cup, chopped 147g</td>
<td>1 date, pitted 7.1g</td>
</tr>
<tr>
<td>----------------------------------------</td>
<td>------</td>
<td>------------------</td>
<td>---------------------</td>
<td>-------------------</td>
</tr>
<tr>
<td>Vitamin E (alpha-tocopherol)</td>
<td>mg</td>
<td>0.05</td>
<td>0.07</td>
<td>0.00</td>
</tr>
<tr>
<td>Vitamin D (D2 + D3)</td>
<td>µg</td>
<td>0.0</td>
<td>0.0</td>
<td>0.0</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>IU</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Vitamin K (phyalloquinone)</td>
<td>µg</td>
<td>2.7</td>
<td>4.0</td>
<td>0.2</td>
</tr>
<tr>
<td><strong>Lipids</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fatty acids, total saturated</td>
<td>g</td>
<td>0.032</td>
<td>0.047</td>
<td>0.002</td>
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<tr>
<td>Fatty acids, total monounsaturated</td>
<td>g</td>
<td>0.036</td>
<td>0.053</td>
<td>0.003</td>
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<tr>
<td>Fatty acids, total polyunsaturated</td>
<td>g</td>
<td>0.019</td>
<td>0.028</td>
<td>0.001</td>
</tr>
<tr>
<td>Fatty acids, total trans</td>
<td>g</td>
<td>0.000</td>
<td>0.000</td>
<td>0.000</td>
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<tr>
<td>Cholesterol</td>
<td>mg</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td><strong>Amino Acids</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Other</strong></td>
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<td></td>
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</tr>
<tr>
<td>Caffeine</td>
<td>mg</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

**Footnotes**
* Common variety