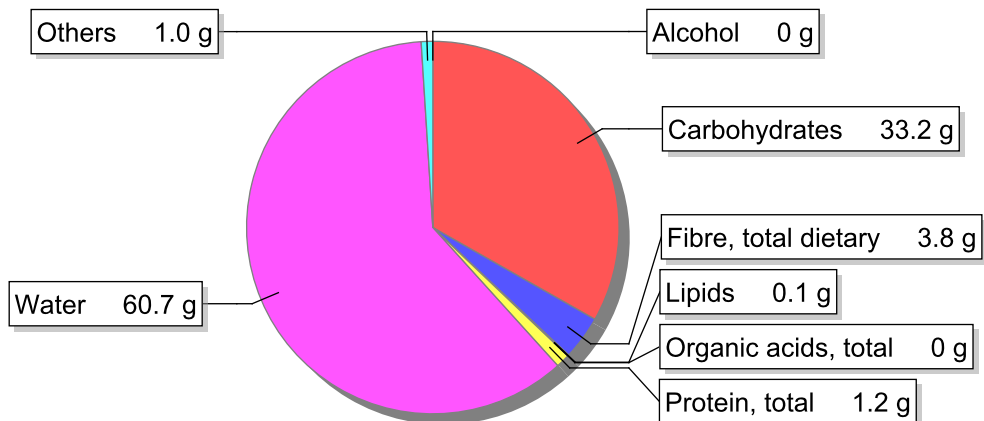


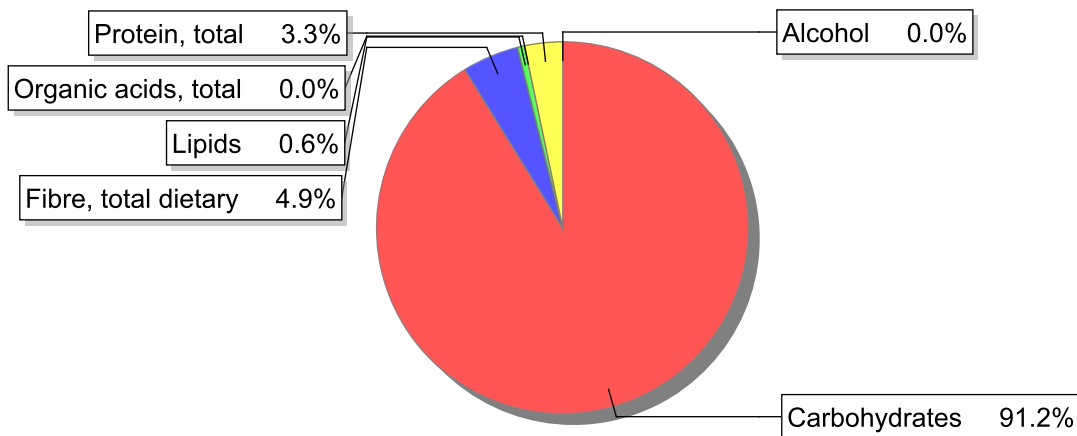
Food

Name: Dates, fresh
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 100%
Code:
FoodEX2 Code: A01HF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	147	kcal	
energy kJ, total metabolisable	621	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	33.2	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
protein, total	1.2	g	57
alcohol	0	g	57
water	60.7	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	4	µg	57
carotene, total (vitamin A precursors)	23	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0.05	mg	
thiamin	0.03	mg	57
riboflavin	0.04	mg	57
niacin, preformed	0.99	mg	
niacin equivalents, total	1.53	mg	
niacin equivalents from tryptophan	0.54	mg	
vitamin B-6, total	0.09	mg	
vitamin B-12	0	µg	57
vitamin C	6.9	mg	651
folate, total	6.4	µg	
ash	0.888	g	
sodium	2.5	mg	57
potassium	350	mg	57
calcium	25	mg	57
phosphorus	21	mg	57
magnesium	27	mg	57
iron, total	0.6	mg	
zinc	0.1	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
651	NEVO-online, version 2014/4.0. RIVM, Bilthoven, The Netherlands, FoodExplorer