

California Dates  
Deglet Noor Variety  
Nutritional Data

<i>Nutrient</i>	<i>Units</i>	<i>1 date 8.3g</i>	<i>5 - 6 dates 41.5g</i>	<i>Per 50g 10 - 11 dates</i>	<i>Per 100g 20 - 22 dates</i>	<i>1/2 cup, pitted, chopped 89g</i>	<i>1 cup, pitted, chopped 178g</i>
<b>Proximates</b>							
Water	g	1.7	8.52	10.27	20.53	18.27	36.54
Calories	kcal	23	117	141	282	251	502
Energy	kJ	98	489	589	1178	1048	2097
Protein	g	0.2	1.02	1.23	2.45	2.18	4.36
Total lipid (fat)	g	0.03	0.16	0.2	0.39	0.35	0.69
Ash	g	0.13	0.66	0.8	1.6	1.42	2.85
Carbohydrate, by difference	g	6.23	31.14	37.52	75.03	66.78	133.55
Fiber, total dietary	g	0.7	3.3	4	8	7.1	14.2
Sugars, total	g	5.26	26.29	31.68	63.35	56.38	112.76
Sucrose	g	1.98	9.89	11.92	23.84	21.22	42.44
Glucose (dextrose)	g	1.65	8.25	9.94	19.87	17.68	35.37
Fructose	g	1.62	8.12	9.78	19.56	17.41	34.82
Lactose	g	0	0	0	0	0	0
Maltose	g	0.01	0.05	0.06	0.12	0.11	0.21
Galactose	g	0	0	0	0	0	0
<b>Minerals</b>							
Calcium, Ca	mg	3	16	20	39	35	69
Iron, Fe	mg	0.08	0.42	0.51	1.02	0.91	1.82
Magnesium, Mg	mg	4	18	22	43	38	77
Phosphorus, P	mg	5	26	31	62	55	110
Potassium, K	mg	54	272	328	656	584	1168
Sodium, Na	mg	0	1	1	2	2	4
Zinc, Zn	mg	0.02	0.12	0.14	0.29	0.26	0.52
Copper, Cu	mg	0.017	0.085	0.103	0.206	0.183	0.367
Manganese, Mn	mg	0.022	0.109	0.131	0.262	0.233	0.466
Selenium, Se	mcg	0.2	1.2	1.5	3	2.7	5.3
<b>Vitamins</b>							
Vitamin C, total ascorbic acid	mg	0	0.2	0.2	0.4	0.4	0.7
Thiamin	mg	0.004	0.022	0.026	0.052	0.046	0.093
Riboflavin	mg	0.005	0.027	0.033	0.066	0.059	0.117
Niacin	mg	0.106	0.529	0.637	1.274	1.134	2.268
Pantothenic acid	mg	0.049	0.244	0.294	0.589	0.524	1.048
Vitamin B-6	mg	0.014	0.068	0.083	0.165	0.147	0.294
Folate, total	mcg	2	8	10	19	17	34
Folic acid	mcg	0	0	0	0	0	0
Folate, food	mcg	2	8	10	19	17	34
Folate, DFE	mcg_DFE	2	8	10	19	17	34
Vitamin B-12	mcg	0	0	0	0	0	0
Vitamin A, IU	IU	1	4	5	10	9	18
Vitamin A, RAE	mcg_RAE	0	0	0	0	0	0
Retinol	mcg	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0	0.02	0.03	0.05	0.04	0.09
Tocopherol, beta	mg	0	0	0	0	0	0
Tocopherol, gamma	mg	0	0.02	0.03	0.05	0.04	0.09
Tocopherol, delta	mg	0	0	0	0	0	0
Vitamin K (phylloquinone)	mcg	0.2	1.1	1.4	2.7	2.4	4.8
<b>Lipids</b>							
Fatty acids, total saturated	g	0.003	0.013	0.016	0.032	0.028	0.057
4:00	g	0	0	0	0	0	0

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6:00	g	0	0	0	0	0	0
8:00	g	0	0	0.001	0.001	0.001	0.002
10:00	g	0	0	0.001	0.001	0.001	0.002
12:00	g	0	0	0.001	0.001	0.001	0.002
14:00	g	0	0	0.001	0.001	0.001	0.002
15:00	g	0	0	0	0	0	0
16:00	g	0.001	0.007	0.009	0.017	0.015	0.03
17:00	g	0	0	0.001	0.001	0.001	0.002
18:00	g	0.001	0.005	0.005	0.011	0.01	0.02
20:00	g	0	0	0	0	0	0
22:00	g	0	0	0	0	0	0
Fatty acids, total monounsaturated	g	0.003	0.015	0.018	0.036	0.032	0.064
14:01	g	0	0	0	0	0	0
15:01	g	0	0	0	0	0	0
16:1 undifferentiated	g	0	0	0.001	0.001	0.001	0.002
17:01	g	0	0	0	0	0	0
18:1 undifferentiated	g	0.003	0.015	0.018	0.035	0.031	0.062
20:01	g	0	0	0	0	0	0
22:1 undifferentiated	g	0	0	0	0	0	0
Fatty acids, total polyunsaturated	g	0.002	0.008	0.009	0.019	0.017	0.034
18:2 undifferentiated	g	0.001	0.007	0.008	0.016	0.014	0.028
18:3 undifferentiated	g	0	0.001	0.002	0.003	0.003	0.005
18:3 n-6 c,c,c	g	0	0	0	0	0	0
18:04	g	0	0	0	0	0	0
20:2 n-6 c,c	g	0	0	0	0	0	0
20:3 undifferentiated	g	0	0	0	0	0	0
20:4 undifferentiated	g	0	0	0	0	0	0
20:5 n-3	g	0	0	0	0	0	0
22:5 n-3	g	0	0	0	0	0	0
22:6 n-3	g	0	0	0	0	0	0
Cholesterol	mg	0	0	0	0	0	0

***Amino acids***

Tryptophan	g	0.001	0.005	0.006	0.012	0.011	0.021
Threonine	g	0.004	0.018	0.021	0.043	0.038	0.077
Isoleucine	g	0.004	0.02	0.025	0.049	0.044	0.087
Leucine	g	0.007	0.035	0.042	0.084	0.075	0.15
Lysine	g	0.005	0.027	0.033	0.066	0.059	0.117
Methionine	g	0.002	0.009	0.011	0.022	0.02	0.039
Cystine	g	0.006	0.028	0.034	0.067	0.06	0.119
Phenylalanine	g	0.004	0.021	0.025	0.05	0.045	0.089
Tyrosine	g	0.001	0.006	0.007	0.015	0.013	0.027
Valine	g	0.006	0.029	0.035	0.071	0.063	0.126
Arginine	g	0.011	0.056	0.068	0.136	0.121	0.242
Histidine	g	0.003	0.013	0.016	0.032	0.028	0.057
Alanine	g	0.007	0.034	0.042	0.083	0.074	0.148
Aspartic acid	g	0.018	0.088	0.106	0.213	0.19	0.379
Glutamic acid	g	0.03	0.149	0.179	0.359	0.32	0.639
Glycine	g	0.008	0.042	0.051	0.101	0.09	0.18
Proline	g	0.011	0.054	0.065	0.13	0.116	0.231
Serine	g	0.005	0.024	0.029	0.057	0.051	0.101

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*Other*

Alcohol, ethyl	g	0	0	0	0	0	0
Caffeine	mg	0	0	0	0	0	0
Theobromine	mg	0	0	0	0	0	0
Carotene, beta	mcg	0	2	3	6	5	11
Carotene, alpha	mcg	0	0	0	0	0	0
Cryptoxanthin, beta	mcg	0	0	0	0	0	0
Lycopene	mcg	0	0	0	0	0	0
Lutein + zeaxanthin	mcg	6	31	38	75	67	134