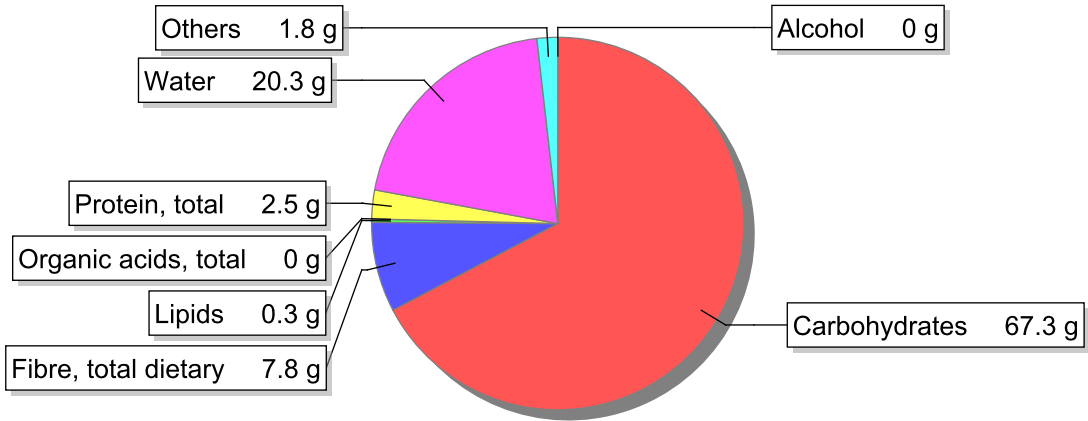


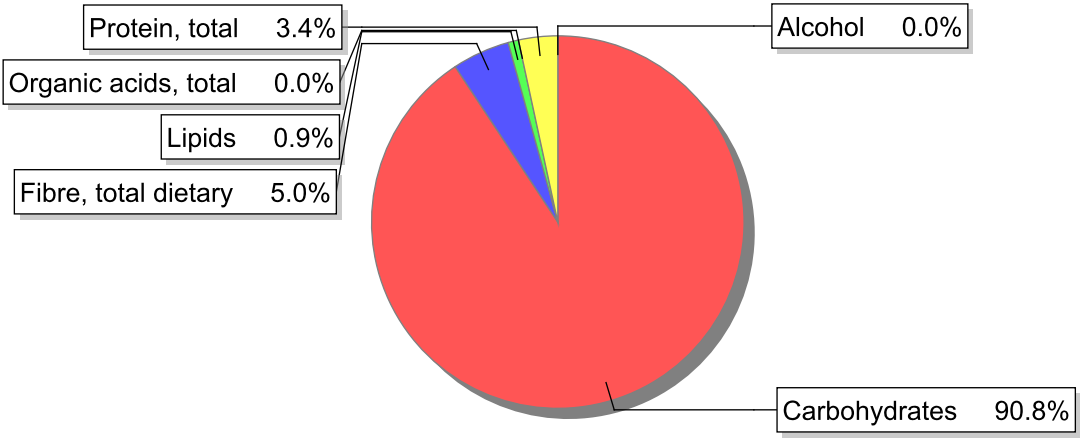
Food

Name: Dates, dried
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 90%
Code: IS689
FoodEX2 Code: A01MF

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	298	kcal	
energy kJ, total metabolisable	1260	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0.1	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	67.3	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	7.8	g	
protein, total	2.5	g	57
alcohol	0	g	57
water	20.3	g	57
organic acids, total	0	g	
cholesterol	0	mg	57
vitamin A; retinol equiv from retinol and carotenoid activities	8	µg	57
carotene, total (vitamin A precursors)	47	µg	57
vitamin D	0	µg	57
alpha-tocopherol	0.1	mg	
thiamin	0.07	mg	57
riboflavin	0.09	mg	57
niacin, preformed	2	mg	
niacin equivalents, total	3.1	mg	
niacin equivalents from tryptophan	1.1	mg	
vitamin B-6, total	0.19	mg	
vitamin B-12	0	µg	57
vitamin C	0	mg	57
folate, total	13	µg	
ash	1.80	g	
sodium	5	mg	57
potassium	700	mg	57
calcium	50	mg	57
phosphorus	42	mg	57
magnesium	55	mg	57
iron, total	1.3	mg	
zinc	0.3	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