

Basic Report 09087, Dates, deglet noor [a](#)

Report Date: April 24, 2019 15:46 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 147g	1 date, pitted 7.1g
Proximates				
Water	g	20.53	30.18	1.46
Energy	kcal	282	415	20
Protein	g	2.45	3.60	0.17
Total lipid (fat)	g	0.39	0.57	0.03
Carbohydrate, by difference	g	75.03	110.29	5.33
Fiber, total dietary	g	8.0	11.8	0.6
Sugars, total	g	63.35	93.12	4.50
Minerals				
Calcium, Ca	mg	39	57	3
Iron, Fe	mg	1.02	1.50	0.07
Magnesium, Mg	mg	43	63	3
Phosphorus, P	mg	62	91	4
Potassium, K	mg	656	964	47
Sodium, Na	mg	2	3	0
Zinc, Zn	mg	0.29	0.43	0.02
Vitamins				
Vitamin C, total ascorbic acid	mg	0.4	0.6	0.0
Thiamin	mg	0.052	0.076	0.004
Riboflavin	mg	0.066	0.097	0.005
Niacin	mg	1.274	1.873	0.090
Vitamin B-6	mg	0.165	0.243	0.012
Folate, DFE	µg	19	28	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	10	15	1

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Vitamin E (alpha-tocopherol)	mg	0.05	0.07	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	2.7	4.0	0.2
Lipids				
Fatty acids, total saturated	g	0.032	0.047	0.002
Fatty acids, total monounsaturated	g	0.036	0.053	0.003
Fatty acids, total polyunsaturated	g	0.019	0.028	0.001
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes

^a Common variety