

Dates, medjool

NDB No: 09421 (Nutrient values and weights are for edible portion)

Scientific Name: *Phoenix dactylifera*

Refuse: 0%

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	21.32	2	0
Energy	kcal	277	0	0
Energy	kJ	1160	0	0
Protein	g	1.81	2	0
Total lipid (fat)	g	0.15	2	0
Ash	g	1.74	2	0
Carbohydrate, by difference	g	74.97	0	0
Fiber, total dietary	g	6.7	2	0
Sugars, total	g	66.47	2	0
Sucrose	g	0.53	2	0
Glucose (dextrose)	g	33.68	2	0
Fructose	g	31.95	2	0
Lactose	g	0.00	2	0
Maltose	g	0.30	2	0
Galactose	g	0.00	2	0
Minerals				
Calcium, Ca	mg	64	2	0
Iron, Fe	mg	0.90	2	0
Magnesium, Mg	mg	54	2	0
Phosphorus, P	mg	62	2	0
Potassium, K	mg	696	2	0
Sodium, Na	mg	1	2	0
Zinc, Zn	mg	0.44	2	0
Copper, Cu	mg	0.362	2	0
Manganese, Mn	mg	0.296	2	0
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	2	0
Thiamin	mg	0.050	2	0
Riboflavin	mg	0.060	2	0

Niacin	mg	1.610	2	0
Pantothenic acid	mg	0.805	2	0
Vitamin B-6	mg	0.249	2	0
Folate, total	mcg	15	1	0
Folic acid	mcg	0	0	0
Folate, food	mcg	15	1	0
Folate, DFE	mcg_DFE	15	0	0
Choline, total	mg	9.9	0	0
Betaine	mg	0.4	1	0
Vitamin A, IU	IU	149	2	0
Vitamin A, RAE	mcg_RAE	7	2	0
Vitamin K (phylloquinone)	mcg	2.7	2	0
Lipids				
Amino acids				
Tryptophan	g	0.007	0	0
Threonine	g	0.042	0	0
Isoleucine	g	0.045	0	0
Leucine	g	0.082	0	0
Lysine	g	0.054	0	0
Methionine	g	0.017	0	0
Cystine	g	0.046	0	0
Phenylalanine	g	0.048	0	0
Tyrosine	g	0.016	0	0
Valine	g	0.066	0	0
Arginine	g	0.060	0	0
Histidine	g	0.029	0	0
Alanine	g	0.078	0	0
Aspartic acid	g	0.220	0	0
Glutamic acid	g	0.265	0	0
Glycine	g	0.090	0	0
Proline	g	0.111	0	0
Serine	g	0.062	0	0
Other				
Carotene, beta	mcg	89	2	0
Carotene, alpha	mcg	0	2	0
Cryptoxanthin, beta	mcg	0	2	0
Lycopene	mcg	0	2	0

Lutein + zeaxanthin	mcg	23	2	0
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USDA National Nutrient Database for Standard Reference, Release 20 (2007)