

Dates, deglet noor()

NDB No: 09087 (Nutrient values and weights are for edible portion)

Scientific Name: *Phoenix dactylifera*

Refuse: 10% (Pits)

Nutrient	Units	Value per 100 grams	Number of Data Points	Std. Error
Proximates				
Water	g	20.53	13	0.759
Energy	kcal	282	0	0
Energy	kJ	1178	0	0
Protein	g	2.45	13	0.1
Total lipid (fat)	g	0.39	13	0.181
Ash	g	1.60	13	0.071
Carbohydrate, by difference	g	75.03	0	0
Fiber, total dietary	g	8.0	13	0.272
Sugars, total	g	63.35	7	0.856
Sucrose	g	23.84	7	2.22
Glucose (dextrose)	g	19.87	8	0.692
Fructose	g	19.56	8	0.726
Lactose	g	0.00	7	0
Maltose	g	0.12	8	0.022
Galactose	g	0.00	8	0
Minerals				
Calcium, Ca	mg	39	13	3.093
Iron, Fe	mg	1.02	13	0.02
Magnesium, Mg	mg	43	13	0.322
Phosphorus, P	mg	62	13	2.541
Potassium, K	mg	656	13	24.975
Sodium, Na	mg	2	9	1.681
Zinc, Zn	mg	0.29	11	0.033
Copper, Cu	mg	0.206	13	0.031
Manganese, Mn	mg	0.262	13	0.023
Selenium, Se	mcg	3.0	8	0.17
Vitamins				
Vitamin C, total ascorbic acid	mg	0.4	8	0.165

Thiamin	mg	0.052	13	0.012
Riboflavin	mg	0.066	13	0.027
Niacin	mg	1.274	13	0.026
Pantothenic acid	mg	0.589	13	0.043
Vitamin B-6	mg	0.165	13	0.041
Folate, total	mcg	19	13	1.66
Folic acid	mcg	0	0	0
Folate, food	mcg	19	13	1.66
Folate, DFE	mcg_DFE	19	0	0
Choline, total	mg	6.3	0	0
Betaine	mg	0.4	2	0
Vitamin B-12	mcg	0.00	0	0
Vitamin B-12, added	mcg	0.00	0	0
Vitamin A, IU	IU	10	8	1.667
Vitamin A, RAE	mcg_RAE	0	8	0.083
Retinol	mcg	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.05	4	0.014
Vitamin E, added	mg	0.00	0	0
Tocopherol, beta	mg	0.00	4	0
Tocopherol, gamma	mg	0.05	4	0.013
Tocopherol, delta	mg	0.00	4	0
Vitamin K (phylloquinone)	mcg	2.7	8	0.166
Lipids				
Fatty acids, total saturated	g	0.032	0	0
4:0	g	0.000	0	0
6:0	g	0.000	0	0
8:0	g	0.001	2	0
10:0	g	0.001	2	0
12:0	g	0.001	2	0
14:0	g	0.001	2	0
15:0	g	0.000	2	0
16:0	g	0.017	2	0
17:0	g	0.001	2	0
18:0	g	0.011	2	0
20:0	g	0.000	2	0
22:0	g	0.000	2	0
Fatty acids, total monounsaturated	g	0.036	0	0

14:1	g	0.000	2	0
15:1	g	0.000	2	0
16:1 undifferentiated	g	0.001	2	0
17:1	g	0.000	2	0
18:1 undifferentiated	g	0.035	2	0
20:1	g	0.000	2	0
22:1 undifferentiated	g	0.000	0	0
Fatty acids, total polyunsaturated	g	0.019	0	0
18:2 undifferentiated	g	0.016	2	0
18:3 undifferentiated	g	0.003	2	0
18:3 n-6 c,c,c	g	0.000	2	0
18:4	g	0.000	0	0
20:2 n-6 c,c	g	0.000	2	0
20:3 undifferentiated	g	0.000	2	0
20:4 undifferentiated	g	0.000	2	0
20:5 n-3	g	0.000	0	0
22:5 n-3	g	0.000	0	0
22:6 n-3	g	0.000	0	0
Cholesterol	mg	0	0	0
Amino acids				
Tryptophan	g	0.012	0	0
Threonine	g	0.043	0	0
Isoleucine	g	0.049	0	0
Leucine	g	0.084	0	0
Lysine	g	0.066	0	0
Methionine	g	0.022	0	0
Cystine	g	0.067	0	0
Phenylalanine	g	0.050	0	0
Tyrosine	g	0.015	0	0
Valine	g	0.071	0	0
Arginine	g	0.136	0	0
Histidine	g	0.032	0	0
Alanine	g	0.083	0	0
Aspartic acid	g	0.213	0	0
Glutamic acid	g	0.359	0	0
Glycine	g	0.101	0	0
Proline	g	0.130	0	0

Serine	g	0.057	0	0
Other				
Alcohol, ethyl	g	0.0	0	0
Caffeine	mg	0	0	0
Theobromine	mg	0	0	0
Carotene, beta	mcg	6	8	1
Carotene, alpha	mcg	0	8	0
Cryptoxanthin, beta	mcg	0	8	0
Lycopene	mcg	0	8	0
Lutein + zeaxanthin	mcg	75	8	5.096

Footnotes:

1 Common variety

USDA National Nutrient Database for Standard Reference, Release 20 (2007)