

Dates - Organic Medjool

Nutrition Facts

Serving Size: 2 pieces (40g)
Serving per Container:

Amount per Serving

Calories	120	Calories from Fat:	9
% Daily Value *			
Total Fat	0 g		0 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	10 mg		0 %
Total Carbohydrates	30 g		10 %
Dietary Fiber	3 g		12 %
Sugars	25 g		
Protein	1 g		

Vitamin A	0%	Vitamin C	0 %
Calcium	2%	Iron	2 %

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
calorie needs.

		Calories:	2,000	2,500
Total Fat	Less than		65 g	80 g
Sat Fat	Less than		20 g	25 g
Cholesterol	Less than		300 mg	300 mg
Sodium	Less than		2,400 mg	2,400 mg
Total Carbohydrates			300 g	375 g
Dietary Fiber			25 g	30 g

Calories per gram				
	Fat	9	Carbohydrates	4
			Protein	4

Ingredients: Organic Medjool Dates

*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.