

Dates

Nutrition Facts

Serving Size: ¼ cup chopped dates,
deglet noor (37g)

Calories 104

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 28g 9%

Dietary Fiber 3g 12%

Sugars 23g

Protein 1g

Vitamin A 0%

Calcium 1%

Vitamin C 0%

Iron 2%

Other nutrients: Potassium (7%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09087

Figs

Nutrition Facts

Serving Size: ¼ cup dried figs (37g)	
Calories 93	Calories from Fat 3
% Daily Value	
Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 4mg	0%
Total Carbohydrate 24g	8%
Dietary Fiber 4g	15%
Sugars 18g	
Protein 1g	
Vitamin A 0%	Calcium 6%
Vitamin C 1%	Iron 4%

Other nutrients: Potassium (7%), Vitamin K (7%), Magnesium (6%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09094

Plums

Nutrition Facts

Serving Size: ¼ cup dried plums (44g)

Calories 104

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 1mg 0%

Total Carbohydrate 28g 9%

Dietary Fiber 3g 12%

Sugars 17g

Protein 1g

Vitamin A 7% Calcium 2%

Vitamin C 1% Iron 2%

Other nutrients: Vitamin K, Potassium (9%),
Magnesium (5%), Riboflavin (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09291

Raisins

Nutrition Facts

Serving Size: ¼ cup raisins (41g)	
Calories 123	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 33g	11%
Dietary Fiber 2g	6%
Sugars 24g	
Protein 1g	
Vitamin A 0%	Calcium 2%
Vitamin C 2%	Iron 4%

Other nutrients: Potassium (9%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09298