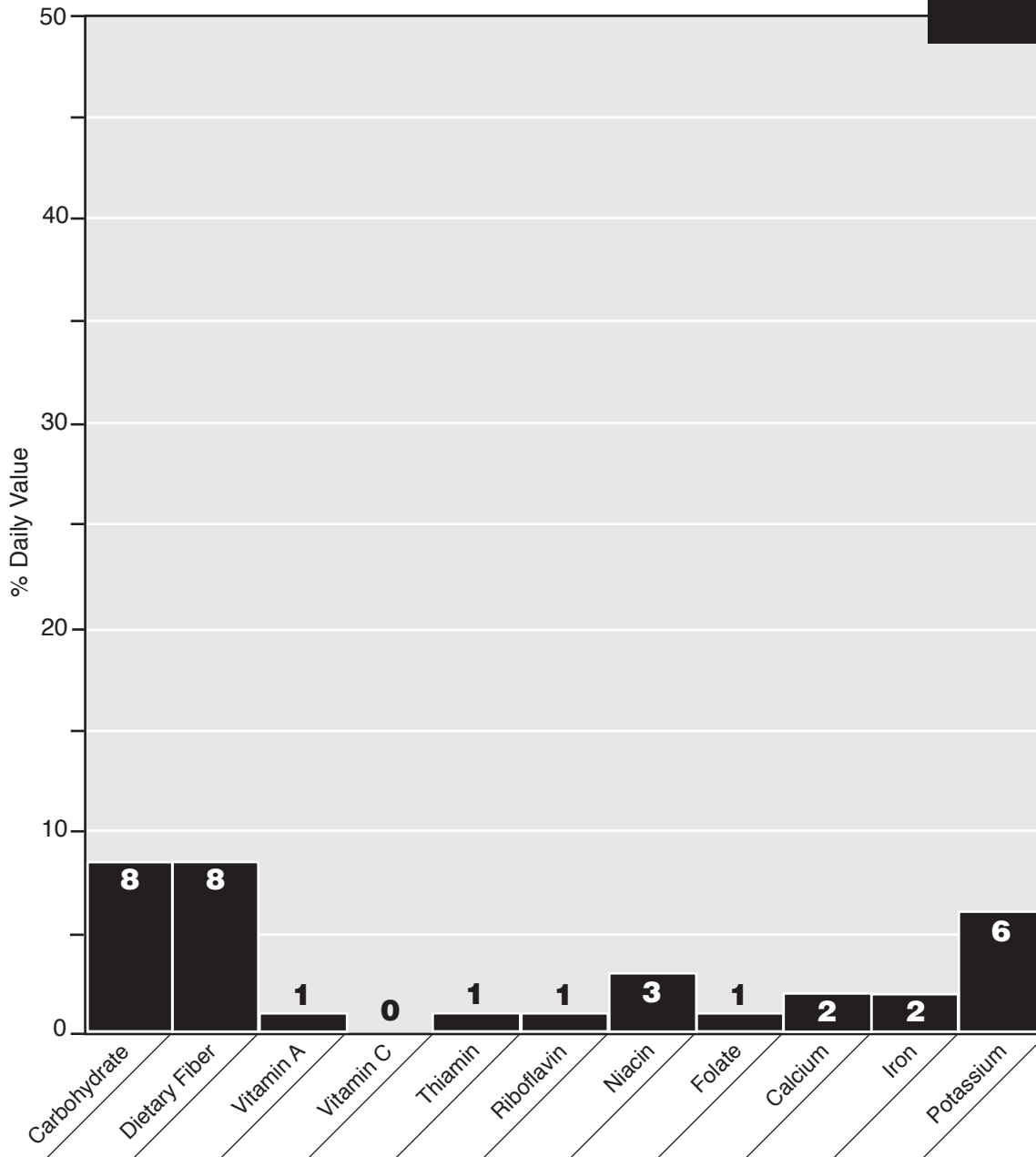


Date

Areaceae Phoenix dactylifera

(analysis based on fresh, pitted Medjool date)

Pictured: fresh Medjool dates



Serving Size

- 4 Dates
- 32 Grams
- 89 Calories
 - 1% from fat
 - 2% from protein
 - 97% from carbohydrate
- 1 Gram Protein
- 24 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.05 Gram Fat
- 7 Grams Water
- 0 Milligrams Sodium

