



Dried Dates

FOOD.BRAND	FOOD.CATEGORY
------------	---------------

Nutrients

CALORIES	290 kcal (per 100g)
PROTEIN	2.0g (per 100g)
FAT	0.4g (per 100g)
CARBOHYDRATES	74.0g (per 100g)
FIBER	8.7g (per 100g)

Detailed Nutrient List

FAT	0.4 g
IRON	2 mg
ZINC	0.33 mg

David Janitzek Diets Premium
 Krumbacher Straße 26
 86424 Dinkelscherben,
 Germany
 VAT ID: DE453108867

Contact:
 Email: support@dietspremium.com
 Tel.: +49 1520 744 5675

Web: dietspremium.com

Bank Details
 Bank: Deutsche Bank
 IBAN: DE26 7207 0024 0064 1910 00
 SWIFT (BIC): DEUTDEDB720



FIBER	8.7 g
SODIUM	35 mg
COPPER	0.2 mg
VITAMIN B3 (NIACIN)	2.2 mg
PROTEIN	2 g
CALCIUM	70 mg
SUCROSE	20.5 g
VITAMIN B1 (THIAMIN)	0.09 mg
MAGNESIUM	54 mg
POTASSIUM	688 mg
MANGANESE	0.15 mg
VITAMIN E	0.3 mg
VITAMIN C (ASCORBIC ACID)	3 mg
VITAMIN A	7 µg
PHOSPHORUS	58 mg
VITAMIN B6 (PYRIDOXINE)	0.19 mg
VITAMIN B2 (RIBOFLAVIN)	0.1 mg
CARBOHYDRATE	74 g
FATTY SATURATED	0.1 g
FATTY MONOUNSATURATED	0.1 g
FATTY POLYUNSATURATED	0.2 g
WATER	21.32 g
SUGAR	63.35 g

David Janitzek Diets
 Premium
 Krumbacher Straße 26
 86424 Dinkelscherben,
 Germany
 VAT ID: DE453108867

Contact:
 Email: support@dietspremium.com
 Tel.: +49 1520 744 5675

Web:
 dietspremium.com

Bank Details
 Bank: Deutsche Bank 19.56 g
 IBAN: DE26 7207 0024 0064 1910 00
 SWIFT (BIC): DEUTDE33
 23.29 g



VITAMIN K	2.7 µg
VITAMIN B9 (FOLATE)	19 µg
CHOLESTEROL	0 mg
ASH	1.53 g
FIBER SOLUBLE	1.6 g
FIBER INSOLUBLE	7.1 g
OMEGA 6	0.02 g
SELENIUM	3 µg
GLICEMIC INDEX	62 µg
BETA-CAROTENE	89 µg
LUTEIN + ZEAXANTHIN	75 mg
SALT	0.09 g

The information contained in this document is for educational purposes only and does not replace medical advice.

David Janitzek Diets
Premium
Krumbacher Straße 26
86424 Dinkelscherben,
Germany
VAT ID: DE453108867

Contact:
Email:
support@dietspremium.com
Tel.: +49 1520 744 5675

Web:
dietspremium.com

Bank Details
Bank: Deutsche Bank
IBAN: DE26 7207 0024 0064 1910 00
SWIFT (BIC): DEUTDEDB720