Nutrition Facts

Dates Serving size (100g)

Amount Per Serving

Calories

280

www.ihcare.ae	% Daily Value*
Total Fat Og	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol Omg	0%
Sodium Omg	0%
Total Carbohydrate 75g	27%
Dietary Fiber 7g	25%
Total Sugars 65g	
Includes 0g Added Sugars	0%
Protein 22g	44%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.9mg	4%
Potassium 0mg	0%
Vitamin A	4%
Vitamin C	6%

^{*}The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.