

# Nutrition Facts

Jujubes

Serving size (100g)

Amount Per Serving

**Calories**

**80**

[www.ihcare.ae](http://www.ihcare.ae)

% Daily Value\*

Total Fat	0g	0%
Saturated Fat	0g	0%
<i>Trans</i> Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	20g	7%
Dietary Fiber	10g	36%
Total Sugars	0g	
Includes Added Sugars	0g	0%
Protein	1g	2%
Vitamin D	0mcg	0%
Calcium	26mg	2%
Iron	0.36mg	2%
Potassium	235mg	4%
Vitamin C		80%

\*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.