

Basic Report 09147, Jujube, Chinese, fresh, dried

Report Date: November 19, 2018 16:11 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	20.19
Energy	kcal	281
Protein	g	4.72
Total lipid (fat)	g	0.50
Carbohydrate, by difference	g	72.52
Fiber, total dietary	g	6.0
Minerals		
Calcium, Ca	mg	63
Iron, Fe	mg	5.09
Phosphorus, P	mg	68
Potassium, K	mg	217
Sodium, Na	mg	5
Zinc, Zn	mg	0.39
Vitamins		
Vitamin C, total ascorbic acid	mg	217.6
Thiamin	mg	0.047
Riboflavin	mg	0.053
Vitamin B-12	µg	0.00
Lipids		
Cholesterol	mg	0
Amino Acids		
Other		