

00828

**Dates, Calif. Pitted Fancy K (OU)**

Ingredients: California Deglet Noor Pitted Dates.

\*Caution: May contain pits or pit fragments.

\*Product information & ingredients may change without notice. Please see package or contact us for updates.

\*Last Changed: 4/12/12

**Country of Origin: USA**

<b>Nutrition Facts</b>		
<b>Serving Size</b>	10 peices	
<b>Servings per Container</b>		
<b>Amount Per Serving</b>		
<b>Calories</b>	228	
<b>Calories from Fat</b>		
<b>% Daily Value*</b>		
<b>Total Fat</b>	0g	0 %
<b>Saturated Fat</b>		%
<b>Trans Fat</b>		%
<b>Cholesterol</b>		%
<b>Sodium</b>	2mg	0 %
<b>Total Carbohydrates</b>	61g	17 %
<b>Dietary Fiber</b>	2g	8 %
<b>Sugars</b>		
<b>Protein</b>	1.5g	
<b>Vitamin A</b>	42 IU %	<b>Vitamin C</b> %
<b>Calcium</b>	27mg %	<b>Iron</b> 2mg %
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		
	Calories:	2,000 2,500
Total fat less then	65g	80g
Sat Fat less then	20g	25g
Cholesterol less then	300mg	300m
Sodium less then	2400mg	2400m
Total Carbohydrates	300g	375g
Dietary Fiber	25g	30
<b>Calories per Gram</b>		
Fat	9	Carbohydrate 4 Protein 4