

00816

Date, Chopped - Diced (Coated)

Ingredients: Dates, Oat flour (as a coating).

*Allergen information: Gluten in Oat Flour is NOT defined as an allergen however Oat Flour is processed on the Oat Flours Processor's equipment that also processes Wheat Flour . The Gluten in Wheat Flour is sometimes considered an allergen.

*CAUTION MAY CONTAIN PITS: Machine Pitted Dates may contain Pits or Pit Fragments."

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

*Last Changed: 12/04/13

Country of Origin: Packed in USA

Nutrition Facts			
Serving Size		per 100g	
Servings per Container			
Amount Per Serving			
Calories		340	
Calories from Fat		10	
% Daily Value*			
Total Fat	0g	0 %	
Saturated Fat	0g	0 %	
Trans Fat			%
Cholesterol	0mg	0 %	
Sodium	10mg	- %	
Total Carbohydrates	33g	11 %	
Dietary Fiber	3g	12 %	
Sugars	28g		
Protein	1g		
Vitamin A	0 %	Vitamin C	0 %
Calcium	2 %	Iron	2 %
* 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	
Calories per Gram			
Fat	9	Carbohydrate	4 Protein 4