

Nutrition Facts

23 servings per container

Serving size 5-6 Dates (40g)

Amount Per Serving

Calories **120**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 31g **11%**

Dietary Fiber 3g **11%**

Total Sugars 20g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 26mg **2%**

Iron 0.36mg **2%**

Potassium 0mg **0%**

*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.