




Medjool Dates

Ingredients: Medjool Dates *Contains Pits*

Country of Origin: Israel

Kosher: 

Organic: N/A

Allergen: N/A

Manufacturer's Statement: Manufactured in a facility that processes/packages products that contain peanuts, tree nuts, milk, soy & wheat.

Nutritional Facts

Serving Size	30g	
Calories	80	
		% DV*
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrates	22g	7%
Dietary Fiber	2g	8%
Total Sugars	20g	
Includes Added Sugar	0g	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	19mg	2%
Iron	0mg	0%
Potassium	209mg	6%

* The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.