



**Food ID:** E036

**Food name and Description:** Jujube Indian/Chinese date

**Scientific name:** *Ziziphus jujuba*

**Alternate/Common name(s):** Mansanitas

**Edible portion:** 91%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	81.7
Energy, calculated (kcal)	73
Protein (g)	1
Total Fat (g)	0.4
Carbohydrate, total (g)	16.4
Ash, total (g)	0.5

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	2.9
Sugars, total (g)	-

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	44
Phosphorus, P (mg)	96
Iron, Fe (mg)	1
Sodium, Na (mg)	4

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	65
Retinol Activity Equivalent, RAE (µg)	5
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.02
Niacin (mg)	0.7
Ascorbic Acid, Vitamin C (mg)	25

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.08
Fatty acids, monounsaturated, total (g)	0.12
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0