

Description Jujube, Raw		
Nutritional value per 100 g (3.5 oz)		
Fresh jujube fruits		
Energy	331 KJ (79 Kcal)	
Carbohydrates	20.23 g	
Fat	0.2 g	
Protein	1.2 g	
Vitamins		
Vitamin A equiv	40 µg	(5%)
Thiamine (B1)	0.02 mg	(2%)
Riboflavin (B2)	0.04 mg	(3%)
Niacin (B3)	0.9 mg	(6%)
Vitamin B6	0.081 mg	(6%)
Vitamin C	69 mg	(83%)
Trace metals		
Calcium	21 mg	(2%)
Iron	0.48 mg	(4%)
Magnesium	10 mg	(3%)
Manganese	0.084 mg	(4%)
Phosphorus	23 mg	(3%)
Potassium	250 mg	(5%)
Sodium	3 mg	(0%)
Zinc	0.05 mg	(1%)
Other constituents		
Water	77.86 g	

Description Jujube, Dried		
Nutritional value per 100 g (3.5 oz)		
Dried jujube fruits		
Energy	1201 KJ (287 Kcal)	
Carbohydrates	73.6 g	
Fat	1.1 g	
Protein	3.7 g	
Vitamins		
Vitamin A equiv	0 µg	(0%)
Thiamine (B1)	0.21 mg	(18%)
Riboflavin (B2)	0.36 mg	(30%)
Niacin (B3)	0.5 mg	(3%)
Vitamin B6	0 mg	(0%)
Vitamin C	13 mg	(16%)
Trace metals		
Calcium	79 mg	(8%)
Iron	1.8 mg	(1 4%)
Magnesium	37 mg	(10%)
Manganese	0.305 mg	(15%)
Phosphorus	100 mg	(14%)
Potassium	531 mg	(11%)
Sodium	9 mg	(1%)
Zinc	0.19 mg	(2%)
Other constituents		
Water	19.7 g	