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| **Description ujube, Raw** | | |  | **Description Jujube, Dried** | | |
| **Nutritional value per 100 g (3.5 oz)** | | |  | **Nutritional value per 100 g (3.5 oz)** | | |
| **Fresh jujube fruits** | | |  | **Dried jujube fruits** | | |
|  | | |  |  | | |
| [**Energy**](http://en.wikipedia.org/wiki/Food_energy) | 331 KJ (79 Kcal) | |  | [**Energy**](http://en.wikipedia.org/wiki/Food_energy) | 1201 KJ (287 Kcal) | |
| [**Carbohydrates**](http://en.wikipedia.org/wiki/Carbohydrate) | 20.23 g | |  | [**Carbohydrates**](http://en.wikipedia.org/wiki/Carbohydrate) | 73.6 g | |
| [**Fat**](http://en.wikipedia.org/wiki/Fat) | 0.2 g | |  | [**Fat**](http://en.wikipedia.org/wiki/Fat) | 1.1 g | |
| [**Protein**](http://en.wikipedia.org/wiki/Protein_(nutrient)) | 1.2 g | |  | [**Protein**](http://en.wikipedia.org/wiki/Protein_(nutrient)) | 3.7 g | |
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| [**Vitamins**](http://en.wikipedia.org/wiki/Vitamin) | | |  | [**Vitamins**](http://en.wikipedia.org/wiki/Vitamin) | | |
| [Vitamin A equiv](http://en.wikipedia.org/wiki/Vitamin_A) | 40 µg | ( 5% ) |  | [Vitamin A equiv](http://en.wikipedia.org/wiki/Vitamin_A) | 0 µg | ( 0% ) |
| [Thiamine (B1)](http://en.wikipedia.org/wiki/Thiamine) | 0.02 mg | ( 2% ) |  | [Thiamine (B1)](http://en.wikipedia.org/wiki/Thiamine) | 0.21 mg | (18% ) |
| [Riboflavin (B2)](http://en.wikipedia.org/wiki/Riboflavin) | 0.04 mg | ( 3% ) |  | [Riboflavin (B2)](http://en.wikipedia.org/wiki/Riboflavin) | 0.36 mg | ( 30% ) |
| [Niacin (B3)](http://en.wikipedia.org/wiki/Niacin) | 0.9 mg | ( 6% ) |  | [Niacin (B3)](http://en.wikipedia.org/wiki/Niacin) | 0.5 mg | ( 3% ) |
| [Vitamin B6](http://en.wikipedia.org/wiki/Vitamin_B6) | 0.081 mg | ( 6% ) |  | [Vitamin B6](http://en.wikipedia.org/wiki/Vitamin_B6) | 0 mg | ( 0% ) |
| [Vitamin C](http://en.wikipedia.org/wiki/Vitamin_C) | 69 mg | ( 83% ) |  | [Vitamin C](http://en.wikipedia.org/wiki/Vitamin_C) | 13 mg | ( 16% ) |
|  | | |  |  | | |
| [**Trace metals**](http://en.wikipedia.org/wiki/Trace_metal) | | |  | [**Trace metals**](http://en.wikipedia.org/wiki/Trace_metal) | | |
| [Calcium](http://en.wikipedia.org/wiki/Calcium#Nutrition) | 21 mg | ( 2% ) |  | [Calcium](http://en.wikipedia.org/wiki/Calcium#Nutrition) | 79 mg | ( 8% ) |
| [Iron](http://en.wikipedia.org/wiki/Iron#Biological_role) | 0.48 mg | ( 4% ) |  | [Iron](http://en.wikipedia.org/wiki/Iron#Biological_role) | 1.8 mg | (1 4% ) |
| [Magnesium](http://en.wikipedia.org/wiki/Magnesium_in_biology) | 10 mg | ( 3% ) |  | [Magnesium](http://en.wikipedia.org/wiki/Magnesium_in_biology) | 37 mg | ( 10% ) |
| [Manganese](http://en.wikipedia.org/wiki/Manganese#Biological_role) | 0.084 mg | ( 4% ) |  | [Manganese](http://en.wikipedia.org/wiki/Manganese#Biological_role) | 0.305 mg | ( 15% ) |
| [Phosphorus](http://en.wikipedia.org/wiki/Phosphorus#Biological_role) | 23 mg | (3% ) |  | [Phosphorus](http://en.wikipedia.org/wiki/Phosphorus#Biological_role) | 100 mg | (14% ) |
| [Potassium](http://en.wikipedia.org/wiki/Potassium#In_diet) | 250 mg | ( 5% ) |  | [Potassium](http://en.wikipedia.org/wiki/Potassium#In_diet) | 531 mg | ( 11% ) |
| [Sodium](http://en.wikipedia.org/wiki/Sodium#Biological_role) | 3 mg | ( 0% ) |  | [Sodium](http://en.wikipedia.org/wiki/Sodium#Biological_role) | 9 mg | ( 1% ) |
| [Zinc](http://en.wikipedia.org/wiki/Zinc#Biological_role) | 0.05 mg | ( 1% ) |  | [Zinc](http://en.wikipedia.org/wiki/Zinc#Biological_role) | 0.19 mg | ( 2% ) |
|  | | |  |  | | |
| Other constituents | | |  | Other constituents | | |
| [Water](http://en.wikipedia.org/wiki/Water) | 77.86 g | |  | [Water](http://en.wikipedia.org/wiki/Water) | 19.7 g | |