



## Geography/History

**Dates** have been a staple food of the Middle East and parts of South Asia for thousands of years. They are believed to have originated around the Persian Gulf, and have been cultivated since ancient times from Mesopotamia to prehistoric Egypt, possibly as early as 4000 BCE. The Ancient Egyptians used the fruits to be made into date wine, and ate them at harvest. There is archaeological evidence of date cultivation in eastern Arabia in 6000 BCE. (Alvarez-Mon 2006).



See the table below for in depth analysis of nutrients:  
 Dates (*Phoenix dactylifera*), medjool,  
 Nutritive Value per 100 g  
 (Source: USDA National Nutrient data base)

Principle	Nutrient Value	Percentage of RDA
Energy	277 Kcal	14%
Carbohydrates	74.97 g	58%
Protein	1.81g	3%
Total Fat	0.15 g	<1%
Cholesterol	0 mg	0%
Dietary Fiber	6.7 g	18%
<b>Vitamins</b>		
Folates	15 µg	4%
Niacin	1.610 mg	10%
Pantothenic acid	0.805 mg	16%
Pyridoxine	0.249 mg	19%
Riboflavin	0.060 mg	4.5%
Thiamin	0.050 mg	4%
Vitamin A	149 IU	5%
Vitamin C	0 mg	0%
Vitamin K	2.7 µg	2%
<b>Electrolytes</b>		
Sodium	1 mg	0%
Potassium	696 mg	16%
<b>Minerals</b>		
Calcium	64 mg	6.5%
Copper	0.362 mg	40%
Iron	0.90 mg	11%
Magnesium	54 mg	13%
Manganese	0.296 mg	13%
Phosphorus	62 mg	9%
Zinc	0.44 mg	4%
<b>Phyto-nutrients</b>		
Carotene-β	89 µg	--
Crypto-xanthin-β	0 µg	--
Lutein-zeaxanthin	23 µg	--

## Description/Taste

**Date** fruit pulp taste very sweet, described as reminiscent of sugar syrup and honey mix. It contains single, brown colored, hard seed about 2–2.5 cm long and 6–8 mm thick. The seeds vary in size depending on cultivar type. In any case, they are generally inedible and discarded.

