

**Vergleichstabelle für Eigenschaften von Dattel\_ Liquid\_ Zucker , Weiß-Zucker und Honig**

	Charakteristik	Dattel Liquid Zucker (per100g)	Sucrose (Weiß-Zucker ) (100g)	Honig (per100g)
1	Calories	277 Kcal	387 Kcal	304 Kcal
2	Fat	0	0	0
3	Cholesterol	0	0	0
4	Protein	0	0	0
5	Total Sugar	75	99.91	82
6	Sucrose	0.53 gr	99.88 gr	0.89 gr
7	Glucose	33.68 gr	0.03gr (invert sugar)	35.74 gr
8	Fructose	31.95 gr		40.93 gr
9	Vitamin A	149 IU	0	0
10	Vitamin C	0	0	0.1
11	Vitamin B6	0.2 mg	0	0
12	Vitamin E&D	0	0	0
13	Other Vitamins	16 mg	0	4.1 mg
14	Calcium	64 mg	0	6 mg
15	Iron	0.9 mg	0	0.4 mg
16	Magnesium	54 mg	0	2 mg
17	POTASSIUM	696 mg	2 mg	52 mg
18	Phosphorus	62 mg	0	4 mg
19	Sodium	1 mg	0	4 mg
20	Zinc	0.4 mg	0	0.2 mg
21	Copper	0.4 mg	0	0
22	MANGANESE	0.3 mg	0	0.1 mg
23	HUMIDITY	21.3 gr	0.05 gr	17.1 gr
24	Ash	1.7 gr	0.028	0.2 gr