

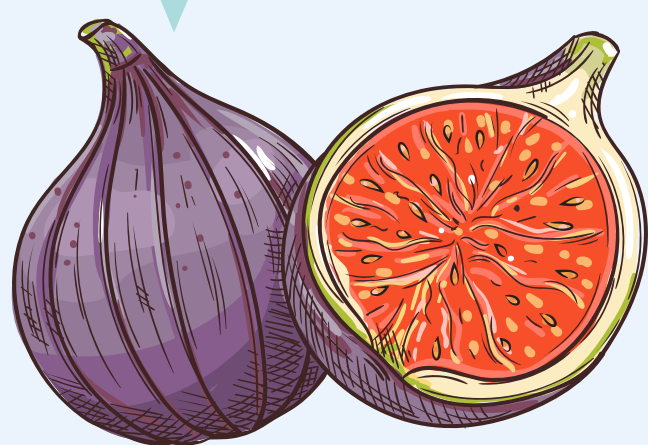


FIG NUTRITION FACTS

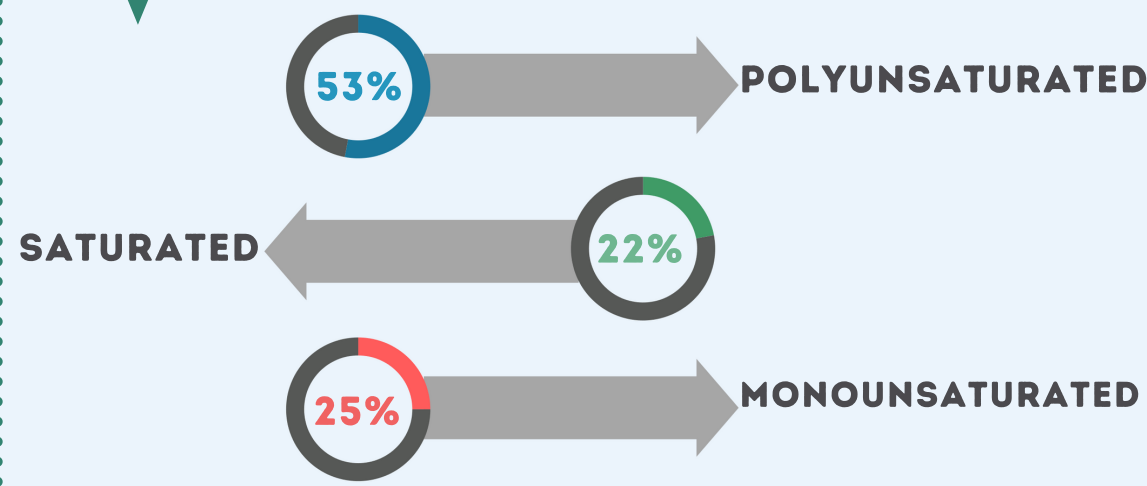


CALORIES 74/100GM

	AMOUNT		AMOUNT
CARBOHYDRATE	19.18 G	NIACIN	0.400 MG
FAT	0.30 G	VITAMIN A	7.00 MCG
PROTEIN	0.75 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.113 MG
FIBER	2.9 G	VITAMIN C	2.0 MG
RIBOFLAVIN	0.050 MG	VITAMIN D	0.00
SODIUM, NA	1.00 MG	FOLATE	6 MCG
THIAMIN	0.060 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE

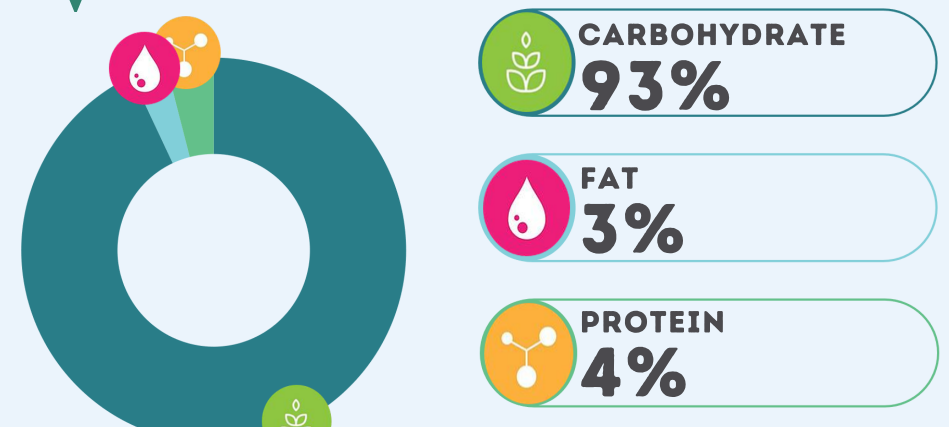


FIG OTHER NAMES

FICUS CARICA
COMMON FIG

MINERALS IN FIG

35 MG	CALCIUM, CA	3 % (DV)
0.070 MG	COPPER, CU	8 % (DV)
0.37 MG	IRON, FE	2 % (DV)
17 MG	MAGNESIUM, MG	4 % (DV)
0.2 MCG	SELENIUM, SE	0 % (DV)
14 MG	PHOSPHORUS, P	2 % (DV)
232 MG	POTASSIUM, K	5 % (DV)
0.15 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.