

## Dried Figs



Nutrient	Units	Value per 100gr	Value per 28gr, 1 oz (1 handful)
<b>Proximates</b>			
Water	g	30.05	8.41
Energy	kcal	249	70
Energy	kJ	1041	291
Protein	g	3.30	0.92
Total lipid (fat)	g	0.93	0.26
Ash	g	1.86	0.52
Carbohydrate, by difference	g	63.87	17.88
Fiber, total dietary	g	9.8	2.7
Sugars, total	g	47.92	13.42
Sucrose	g	0.07	0.02
Glucose (dextrose)	g	24.79	6.94
Fructose	g	22.93	6.42
Lactose	g	0.00	0.00
Maltose	g	0.00	0.00
Galactose	g	0.13	0.04
Starch	g	5.07	1.42
<b>Minerals</b>			
Calcium, Ca	mg	162	45
Iron, Fe	mg	2.03	0.57
Magnesium, Mg	mg	68	19
Phosphorus, P	mg	67	19
Potassium, K	mg	680	190

Sodium, Na	mg	10	3
Zinc, Zn	mg	0.55	0.15
Copper, Cu	mg	0.287	0.080
Manganese, Mn	mg	0.510	0.143
Selenium, Se	µg	0.6	0.2
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	1.2	0.3
Thiamin	mg	0.085	0.024
Riboflavin	mg	0.082	0.023
Niacin	mg	0.619	0.173
Pantothenic acid	mg	0.434	0.122
Vitamin B-6	mg	0.106	0.030
Folate, total	µg	9	3
Folic acid	µg	0.0	0.0
Folate, food	µg	9	3
Folate, DFE	µg	9	3
Choline, total	mg	15.8	4.4
Betaine	mg	0.7	0.2
Vitamin B-12	µg	0.00	0.00
Vitamin B-12, added	µg	0.00	0.00
Vitamin A, RAE	µg	0.0	0.0
Retinol	µg	0.0	0.0
Carotene, beta	µg	6	2
Carotene, alpha	µg	0.0	0.0
Cryptoxanthin, beta	µg	0.0	0.0
Vitamin A, IU	IU	10	3
Lycopene	µg	0.0	0.0
Lutein + zeaxanthin	µg	32	9
Vitamin E (alpha-tocopherol)	mg	0.35	0.10
Vitamin E, added	mg	0.00	0.00
Tocopherol, beta	mg	0.01	0.00

Tocopherol, gamma	mg	0.37	0.10
Tocopherol, delta	mg	0.01	0.00
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0.0	0.0
Vitamin K (phylloquinone)	µg	15.6	4.4
<b>Lipids</b>			
4:0	g	0.000	0.000
Fatty acids, total saturated	g	0.144	0.040
6:0	g	0.000	0.000
14:0	g	0.006	0.002
12:0	g	0.000	0.000
10:0	g	0.000	0.000
8:0	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.159	0.045
16:0	g	0.110	0.031
18:0	g	0.029	0.008
16:1 undifferentiated	g	0.001	0.000
18:1 undifferentiated	g	0.158	0.044
20:1	g	0.000	0.000
22:1 undifferentiated	g	0.000	0.000
18:4	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.345	0.097
20:4 undifferentiated	g	0.000	0.000
20:5 n-3 (EPA)	g	0.000	0.000
18:2 undifferentiated	g	0.345	0.097
18:3 undifferentiated	g	0.000	0.000
22:6 n-3 (DHA)	g	0.000	0.000
Cholesterol	mg	0.0	0.0
22:5 n-3 (DPA)	g	0.000	0.000
<b>Amino Acids</b>			
Tryptophan	g	0.020	0.006

Threonine	g	0.085	0.024
Isoleucine	g	0.089	0.025
Leucine	g	0.128	0.036
Lysine	g	0.088	0.025
Methionine	g	0.034	0.010
Cystine	g	0.036	0.010
Phenylalanine	g	0.076	0.021
Tyrosine	g	0.041	0.011
Valine	g	0.122	0.034
Arginine	g	0.077	0.022
Histidine	g	0.037	0.010
Alanine	g	0.134	0.038
Aspartic acid	g	0.645	0.181
Glutamic acid	g	0.295	0.083
Glycine	g	0.108	0.030
Proline	g	0.610	0.171
Serine	g	0.128	0.036
<b>Others</b>			
Alcohol, ethyl	g	0.0	0.0
Caffeine	mg	0.0	0.0
Theobromine	mg	0.0	0.0

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