

Figs

Serving Size

1 cup sliced, 37 g

Amount Per Serving

Calories 170

	% Daily Value *
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 43 g	16%
Dietary Fiber 7 g	23%
Total Sugars 37 g	
Includes 0 g Added Sugars	0%
Protein 2 g	
Vitamin D 0 mcg	0%
Calcium 79 mg	6%
Iron 0.84 mg	4%
Potassium 530 mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Allergens:

Ingredients: