



Nutritional Information on Dried Figs

Dietary Component	Amounts in 100g	Amounts in 40g	Daily Value
Total Calories	281.9	112.7	
Calories From Fat	4.7	1.9	
Total Fat	0.52g	0.21g	0%
Saturated Fat	0.0g	0	0%
Trans Fat	0.0g	0	0%
Cholesterol	0.0mg	0	0%
Sodium	12.26mg	4.9	0%
Potassium	609mg	243.5	7%
Total Carbohydrate	66.16g	26.46	9%
Total Dietary Fiber	12.21g	4.88	20%
Insoluble	8.74g	3.5	
Soluble	3.47g	1.38	
Sugars	49.0g	19.6	
Protein	3.14g	1.25	
Vitamin A	9.76IU	3.9IU	<2%
Vitamin C	0.68mg	0.27	<2%
Calcium	133.0mg	53.2	6%