

# Figs-Dried

## Nutrition Facts

Serving Size: 40g

Serving per Container:

### Amount per Serving

<b>Calories</b>	<b>120</b>	<b>Calories from Fat:</b>	<b>0</b>
<b>% Daily Value *</b>			
<b>Total Fat</b>	<b>0 g</b>		<b>0 %</b>
<b>Saturated Fat</b>	<b>0 g</b>		<b>1 %</b>
<b>Trans Fat</b>	<b>0 g</b>		
<b>Cholesterol</b>	<b>0 mg</b>		<b>0 %</b>
<b>Sodium</b>	<b>15 mg</b>		<b>1 %</b>
<b>Total Carbohydrates</b>	<b>29 g</b>		<b>10 %</b>
<b>Dietary Fiber</b>	<b>2 g</b>		<b>8 %</b>
<b>Sugars</b>	<b>22 g</b>		
<b>Protein</b>	<b>1 g</b>		

<b>Vitamin A</b>	<b>0%</b>	<b>Vitamin C</b>	<b>0 %</b>
<b>Calcium</b>	<b>9%</b>	<b>Iron</b>	<b>17 %</b>

\* Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on calorie needs.

	Calories:	2,000	2,500
<b>Total Fat</b>	Less than	65 g	80 g
<b>Sat Fat</b>	Less than	20 g	25 g
<b>Cholesterol</b>	Less than	300 mg	300 mg
<b>Sodium</b>	Less than	2,400 mg	2,400 mg
<b>Total Carbohydrates</b>		300 g	375 g
<b>Dietary Fiber</b>		25 g	30 g

<b>Calories per gram</b>			
<b>Fat</b>	<b>9</b>	<b>Carbohydrates</b>	<b>4</b>
		<b>Protein</b>	<b>4</b>

Ingredients

Figs

\*The values listed above represent data collected from our suppliers and/or the USDA National Database for Standard Reference, Release 19 (2006), to the best of our knowledge, we believe them to be accurate.