

Figs - Organic Calif White

Nutrition Facts			
Serving Size:		40g	
Serving per Container:			
Amount per Serving			
Calories	113	Calories from Fat:	2
% Daily Value *			
Total Fat	0 g	0 %	
Saturated Fat	0 g	0 %	
<i>Trans</i> Fat	0 g		
Cholesterol	0 mg	0 %	
Sodium	5 mg	0 %	
Total Carbohydrates	26 g	9 %	
Dietary Fiber	5 g	20 %	
Sugars	20 g		
Protein	1 g		
Vitamin A	<2%	Vitamin C	<2 %
Calcium	6%	Iron	6 %
* 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
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g
Calories per gram			
	Fat	9	
	Carbohydrates	4	
	Protein	4	

Ingredients

Organic Conadria 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.