

Figs-Calimyrna Diced w/ Dextrose

Nutritional Information			
Serving Size:		100g	
Amount per Serving			
Calories	282	Calories from Fat:	5
% Daily Value *			
Total Fat		1 g	1 %
Saturated Fat		0 g	0 %
<i>Trans</i> Fat		0 g	
Cholesterol		0 mg	0 %
Sodium		12 mg	1 %
Total Carbohydrates		66 g	22 %
Dietary Fiber		12 g	49 %
Sugars		49 g	
Protein		3 g	
Vitamin A	0%	Vitamin C	1 %
Calcium	13%	Iron	17 %
* 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: Calimyrna Figs, Dextrose

*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.