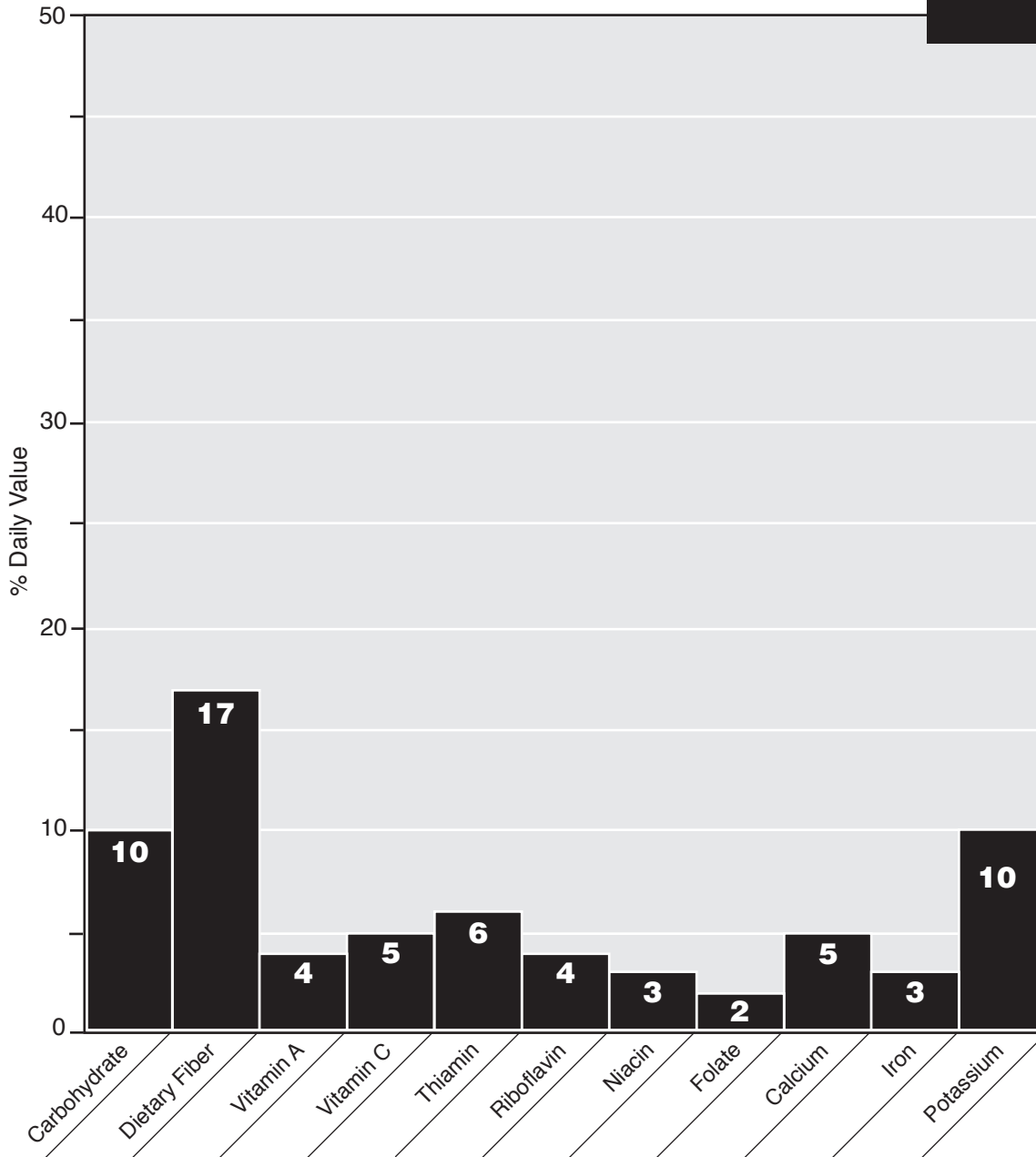


Fig

Moraceae *Ficus carica*

(analysis based on fresh raw fig)

Pictured from left: Kadota fig, Mission fig



Serving Size

3 Medium Figs
150 Grams

111 Calories
4% from fat
3% from protein
93% from carbohydrate

1 Gram Protein

29 Grams Carbohydrate
4 grams dietary fiber

0.5 Gram Fat

119 Grams Water

2 Milligrams Sodium

