

Full Report (All Nutrients) 09089, Figs, raw

Report Date: July 17, 2019 22:42 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:1% Refuse Description: Stems

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 large (2-1/2" dia) 64g | 1 medium (2-1/4" dia) 50g | 1 small (1-1/2" dia) 40g |
|-----------------------------|------|------------------------|-------------|------------|-----------------------------|------------------------------|-----------------------------|
| Proximates | | | | | | | |
| Water | g | 79.11 | 16 | 0.330 | 50.63 | 39.55 | 31.64 |
| Energy | kcal | 74 | -- | -- | 47 | 37 | 30 |
| Energy | kJ | 310 | -- | -- | 198 | 155 | 124 |
| Protein | g | 0.75 | 16 | 0.020 | 0.48 | 0.38 | 0.30 |
| Total lipid (fat) | g | 0.30 | -- | -- | 0.19 | 0.15 | 0.12 |
| Ash | g | 0.66 | 16 | 0.010 | 0.42 | 0.33 | 0.26 |
| Carbohydrate, by difference | g | 19.18 | -- | -- | 12.28 | 9.59 | 7.67 |
| Fiber, total dietary | g | 2.9 | -- | -- | 1.9 | 1.4 | 1.2 |
| Sugars, total | g | 16.26 | -- | -- | 10.41 | 8.13 | 6.50 |
| Minerals | | | | | | | |
| Calcium, Ca | mg | 35 | -- | -- | 22 | 18 | 14 |
| Iron, Fe | mg | 0.37 | 16 | 0.020 | 0.24 | 0.18 | 0.15 |
| Magnesium, Mg | mg | 17 | 16 | 1.000 | 11 | 8 | 7 |
| Phosphorus, P | mg | 14 | 16 | 1.000 | 9 | 7 | 6 |
| Potassium, K | mg | 232 | 8 | 10.000 | 148 | 116 | 93 |
| Sodium, Na | mg | 1 | 8 | 0.000 | 1 | 0 | 0 |
| Zinc, Zn | mg | 0.15 | -- | -- | 0.10 | 0.07 | 0.06 |
| Copper, Cu | mg | 0.070 | 16 | 0.005 | 0.045 | 0.035 | 0.028 |
| Manganese, Mn | mg | 0.128 | 16 | 0.009 | 0.082 | 0.064 | 0.051 |
| Selenium, Se | µg | 0.2 | -- | -- | 0.1 | 0.1 | 0.1 |

Vitamins

| Nutrient | Unit | 1 | Data points | Std. Error | 1 large (2-1/2" dia) | 1 medium (2-1/4" dia) | 1 small (1-1/2" dia) |
|--------------------------------|------|----------------|-------------|------------|----------------------|-----------------------|----------------------|
| | | Value Per100 g | | | 64g | 50g | 40g |
| Vitamin C, total ascorbic acid | mg | 2.0 | -- | -- | 1.3 | 1.0 | 0.8 |
| Thiamin | mg | 0.060 | -- | -- | 0.038 | 0.030 | 0.024 |
| Riboflavin | mg | 0.050 | -- | -- | 0.032 | 0.025 | 0.020 |
| Niacin | mg | 0.400 | -- | -- | 0.256 | 0.200 | 0.160 |
| Pantothenic acid | mg | 0.300 | -- | -- | 0.192 | 0.150 | 0.120 |
| Vitamin B-6 | mg | 0.113 | -- | -- | 0.072 | 0.057 | 0.045 |
| Folate, total | µg | 6 | -- | -- | 4 | 3 | 2 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 | 0 |
| Folate, food | µg | 6 | -- | -- | 4 | 3 | 2 |
| Folate, DFE | µg | 6 | -- | -- | 4 | 3 | 2 |
| Choline, total | mg | 4.7 | -- | -- | 3.0 | 2.4 | 1.9 |
| Vitamin B-12 | µg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 7 | 1 | -- | 4 | 4 | 3 |
| Retinol | µg | 0 | -- | -- | 0 | 0 | 0 |
| Carotene, beta | µg | 85 | -- | -- | 54 | 42 | 34 |
| Carotene, alpha | µg | 0 | -- | -- | 0 | 0 | 0 |
| Cryptoxanthin, beta | µg | 0 | -- | -- | 0 | 0 | 0 |
| Vitamin A, IU | IU | 142 | 1 | -- | 91 | 71 | 57 |
| Lycopene | µg | 0 | -- | -- | 0 | 0 | 0 |
| Lutein + zeaxanthin | µg | 9 | -- | -- | 6 | 4 | 4 |
| Vitamin E (alpha-tocopherol) | mg | 0.11 | -- | -- | 0.07 | 0.06 | 0.04 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 | 0 |
| Vitamin K (phylloquinone) | µg | 4.7 | -- | -- | 3.0 | 2.4 | 1.9 |
| Lipids | | | | | | | |
| Fatty acids, total saturated | g | 0.060 | -- | -- | 0.038 | 0.030 | 0.024 |
| 4:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 6:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 8:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 10:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 12:0 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |

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|------------------------------------|------|----------------|-------------|------------|----------------------|-----------------------|----------------------|
| | | Value Per100 g | | | 64g | 50g | 40g |
| 14:0 | g | 0.002 | -- | -- | 0.001 | 0.001 | 0.001 |
| 16:0 | g | 0.046 | -- | -- | 0.029 | 0.023 | 0.018 |
| 18:0 | g | 0.012 | -- | -- | 0.008 | 0.006 | 0.005 |
| Fatty acids, total monounsaturated | g | 0.066 | -- | -- | 0.042 | 0.033 | 0.026 |
| 16:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 18:1 undifferentiated | g | 0.066 | -- | -- | 0.042 | 0.033 | 0.026 |
| 20:1 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 22:1 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| Fatty acids, total polyunsaturated | g | 0.144 | -- | -- | 0.092 | 0.072 | 0.058 |
| 18:2 undifferentiated | g | 0.144 | -- | -- | 0.092 | 0.072 | 0.058 |
| 18:3 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 18:4 | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 20:4 undifferentiated | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 20:5 n-3 (EPA) | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 22:5 n-3 (DPA) | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| 22:6 n-3 (DHA) | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| Fatty acids, total trans | g | 0.000 | -- | -- | 0.000 | 0.000 | 0.000 |
| Cholesterol | mg | 0 | -- | -- | 0 | 0 | 0 |
| Phytosterols | mg | 31 | -- | -- | 20 | 16 | 12 |
| Amino Acids | | | | | | | |
| Tryptophan | g | 0.006 | 1 | -- | 0.004 | 0.003 | 0.002 |
| Threonine | g | 0.024 | 1 | -- | 0.015 | 0.012 | 0.010 |
| Isoleucine | g | 0.023 | 1 | -- | 0.015 | 0.011 | 0.009 |
| Leucine | g | 0.033 | 1 | -- | 0.021 | 0.017 | 0.013 |
| Lysine | g | 0.030 | 1 | -- | 0.019 | 0.015 | 0.012 |
| Methionine | g | 0.006 | 1 | -- | 0.004 | 0.003 | 0.002 |
| Cystine | g | 0.012 | 1 | -- | 0.008 | 0.006 | 0.005 |
| Phenylalanine | g | 0.018 | 1 | -- | 0.012 | 0.009 | 0.007 |
| Tyrosine | g | 0.032 | 1 | -- | 0.020 | 0.016 | 0.013 |
| Valine | g | 0.028 | 1 | -- | 0.018 | 0.014 | 0.011 |
| Arginine | g | 0.017 | 1 | -- | 0.011 | 0.009 | 0.007 |
| Histidine | g | 0.011 | 1 | -- | 0.007 | 0.005 | 0.004 |
| Alanine | g | 0.045 | 1 | -- | 0.029 | 0.022 | 0.018 |

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|---|------|------------------------|-------------|------------|-----------------------------|------------------------------|-----------------------------|
| Aspartic acid | g | 0.176 | 1 | -- | 0.113 | 0.088 | 0.070 |
| Glutamic acid | g | 0.072 | 1 | -- | 0.046 | 0.036 | 0.029 |
| Glycine | g | 0.025 | 1 | -- | 0.016 | 0.013 | 0.010 |
| Proline | g | 0.049 | 1 | -- | 0.031 | 0.025 | 0.020 |
| Serine | g | 0.037 | 1 | -- | 0.024 | 0.018 | 0.015 |
| Other | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 | 0 |
| Flavonoids | | | | | | | |
| Anthocyanidins | | | | | | | |
| Cyanidin 1 2 | mg | 0.5 | 20 | 0.07 | 0.3 | 0.2 | 0.2 |
| Petunidin 2 | mg | 0.0 | 8 | 0 | 0.0 | 0.0 | 0.0 |
| Delphinidin 2 | mg | 0.0 | 8 | 0 | 0.0 | 0.0 | 0.0 |
| Malvidin 2 | mg | 0.0 | 8 | 0 | 0.0 | 0.0 | 0.0 |
| Pelargonidin 1 2 | mg | 0.0 | 20 | 0 | 0.0 | 0.0 | 0.0 |
| Peonidin 1 2 | mg | 0.0 | 20 | 0 | 0.0 | 0.0 | 0.0 |
| Flavan-3-ols | | | | | | | |
| (+)-Catechin 2 3 4 5 | mg | 1.6 | 55 | 0.18 | 1.0 | 0.8 | 0.6 |
| (-)-Epigallocatechin 2 3 | mg | 0.0 | 8 | 0 | 0.0 | 0.0 | 0.0 |
| (-)-Epicatechin 2 3 4 5 | mg | 0.5 | 56 | 0.06 | 0.3 | 0.2 | 0.2 |
| (-)-Epicatechin 3-gallate 2 3 | mg | 0.0 | 8 | 0 | 0.0 | 0.0 | 0.0 |
| (-)-Epigallocatechin 3-gallate 2 3 | mg | 0.0 | 8 | 0 | 0.0 | 0.0 | 0.0 |
| (+)-Galocatechin 2 3 | mg | 0.0 | 8 | 0 | 0.0 | 0.0 | 0.0 |
| Flavanones | | | | | | | |
| Hesperetin 2 | mg | 0.0 | 5 | 0 | 0.0 | 0.0 | 0.0 |
| Naringenin 2 | mg | 0.0 | 5 | 0 | 0.0 | 0.0 | 0.0 |
| Flavones | | | | | | | |
| Apigenin 2 6 | mg | 0.0 | 13 | 0 | 0.0 | 0.0 | 0.0 |
| Luteolin 2 6 | mg | 0.0 | 9 | 0 | 0.0 | 0.0 | 0.0 |
| Flavonols | | | | | | | |
| Kaempferol 6 | mg | 0.0 | 5 | 0 | 0.0 | 0.0 | 0.0 |
| Myricetin 2 6 | mg | 0.0 | 13 | 0 | 0.0 | 0.0 | 0.0 |

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|---|------|------------------|-------------|------------|--------------------------|---------------------------|--------------------------|
| Quercetin 2 5 6 | mg | 5.5 | 58 | 0.59 | 3.5 | 2.7 | 2.2 |
| Isoflavones | | | | | | | |
| Daidzein 9 | mg | 0.00 | 1 | -- | 0.00 | 0.00 | 0.00 |
| Genistein 9 | mg | 0.00 | 1 | -- | 0.00 | 0.00 | 0.00 |
| Total isoflavones 9 | mg | 0.00 | 1 | -- | 0.00 | 0.00 | 0.00 |
| Proanthocyanidin | | | | | | | |
| Proanthocyanidin dimers 7 8 | mg | 0.0 | 11 | 0.01 | 0.0 | 0.0 | 0.0 |
| Proanthocyanidin trimers 7 8 | mg | 0.0 | 11 | 0 | 0.0 | 0.0 | 0.0 |
| Proanthocyanidin 4-6mers 8 | mg | 0.0 | 8 | 0 | 0.0 | 0.0 | 0.0 |
| Proanthocyanidin 7-10mers 8 | mg | 0.0 | 8 | 0 | 0.0 | 0.0 | 0.0 |
| Proanthocyanidin polymers (>10mers) 8 | mg | 0.0 | 8 | 0 | 0.0 | 0.0 | 0.0 |

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Langual Code(s)

- A0143 FRUIT OR FRUIT PRODUCT (US CFR)
- A1279 0900 FRUITS AND FRUIT JUICES (USDA SR)
- B1302 FIG
- C0140 FRUIT, PEEL PRESENT, CORE, PIT OR SEED PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION