

Basic Report 09089, Figs, raw

Report Date: December 12, 2017 07:08 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	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	50.63	39.55	31.64
Energy	kcal	74	47	37	30
Protein	g	0.75	0.48	0.38	0.30
Total lipid (fat)	g	0.30	0.19	0.15	0.12
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	0.24	0.18	0.15
Magnesium, Mg	mg	17	11	8	7
Phosphorus, P	mg	14	9	7	6
Potassium, K	mg	232	148	116	93
Sodium, Na	mg	1	1	0	0
Zinc, Zn	mg	0.15	0.10	0.07	0.06
Vitamins					
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
Vitamin B-6	mg	0.113	0.072	0.057	0.045
Folate, DFE	µg	6	4	3	2
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	7	4	4	3
Vitamin A, IU	IU	142	91	71	57
Vitamin E (alpha-tocopherol)	mg	0.11	0.07	0.06	0.04

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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
Fatty acids, total monounsaturated	g	0.066	0.042	0.033	0.026
Fatty acids, total polyunsaturated	g	0.144	0.092	0.072	0.058
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
Amino Acids					
Other					
Caffeine	mg	0	0	0	0