

Basic Report 09089, Figs, raw
Report Date: May 22, 2017 15:12 EDT

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 |