

Basic Report 09094, Figs, dried, uncooked [a](#)

Report Date: July 17, 2019 22:39 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 149g	1 fig 8.4g
Proximates				
Water	g	30.05	44.77	2.52
Energy	kcal	249	371	21
Protein	g	3.30	4.92	0.28
Total lipid (fat)	g	0.93	1.39	0.08
Carbohydrate, by difference	g	63.87	95.17	5.37
Fiber, total dietary	g	9.8	14.6	0.8
Sugars, total	g	47.92	71.40	4.03
Minerals				
Calcium, Ca	mg	162	241	14
Iron, Fe	mg	2.03	3.02	0.17
Magnesium, Mg	mg	68	101	6
Phosphorus, P	mg	67	100	6
Potassium, K	mg	680	1013	57
Sodium, Na	mg	10	15	1
Zinc, Zn	mg	0.55	0.82	0.05
Vitamins				
Vitamin C, total ascorbic acid	mg	1.2	1.8	0.1
Thiamin	mg	0.085	0.127	0.007
Riboflavin	mg	0.082	0.122	0.007
Niacin	mg	0.619	0.922	0.052
Vitamin B-6	mg	0.106	0.158	0.009
Folate, DFE	µg	9	13	1
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	10	15	1

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Vitamin E (alpha-tocopherol)	mg	0.35	0.52	0.03
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	15.6	23.2	1.3
Lipids				
Fatty acids, total saturated	g	0.144	0.215	0.012
Fatty acids, total monounsaturated	g	0.159	0.237	0.013
Fatty acids, total polyunsaturated	g	0.345	0.514	0.029
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0

Footnotes

^a Mission variety