

Dried Figs – RACC Serving

Nutrition Facts	
Serving size About 4 figs (40g)	
Amount per serving	
Calories	100
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 26g	9%
Dietary Fiber 4g	14%
Total Sugars 19g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.8mg	4%
Potassium 270mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.