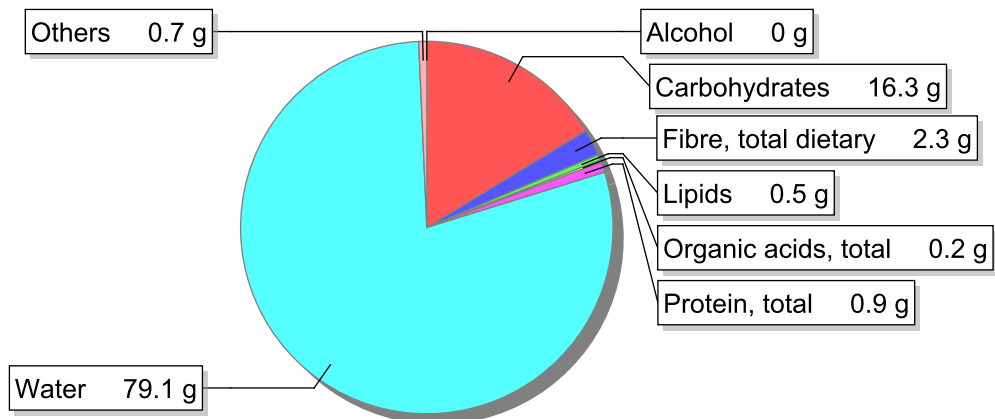


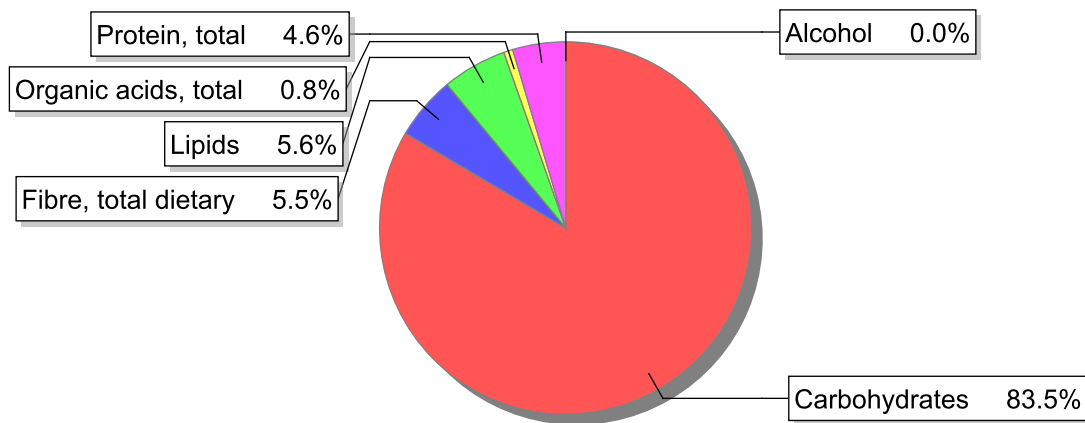
### Food

**Name:** Figs  
**Group:** Fruit  
**Subgroup:** Fresh fruit  
**Edible Part:** 73%  
**Code:** IS650  
**FoodEX2 Code:** A01HG

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	79	kcal	
energy kJ, total metabolisable	332	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0.1	g	57
fatty acids, total polyunsaturated	0.2	g	57
fatty acid 18:2 n-6 cis,cis	0.2	g	57
fatty acids, total trans	0	g	
sugars, total	16.3	g	
sucrose	0.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.3	g	
protein, total	0.9	g	57
alcohol	0	g	
water	79.1	g	57
organic acids, total	0.2	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	8	µg	
carotene, total (vitamin A precursors)	50	µg	
vitamin D	0	µg	
alpha-tocopherol	0.77	mg	
thiamin	0.03	mg	57
riboflavin	0.02	mg	57
niacin, preformed	0.3	mg	
niacin equivalents, total	0.4	mg	
niacin equivalents from tryptophan	0.1	mg	
vitamin B-6, total	0.11	mg	
vitamin B-12	0	µg	
vitamin C	1	mg	57
folate, total	7	µg	
ash	0.61	g	
sodium	3	mg	
potassium	170	mg	57
calcium	35	mg	57
phosphorus	29	mg	57
magnesium	20	mg	57
iron, total	0.6	mg	57
zinc	0.1	mg	57

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB