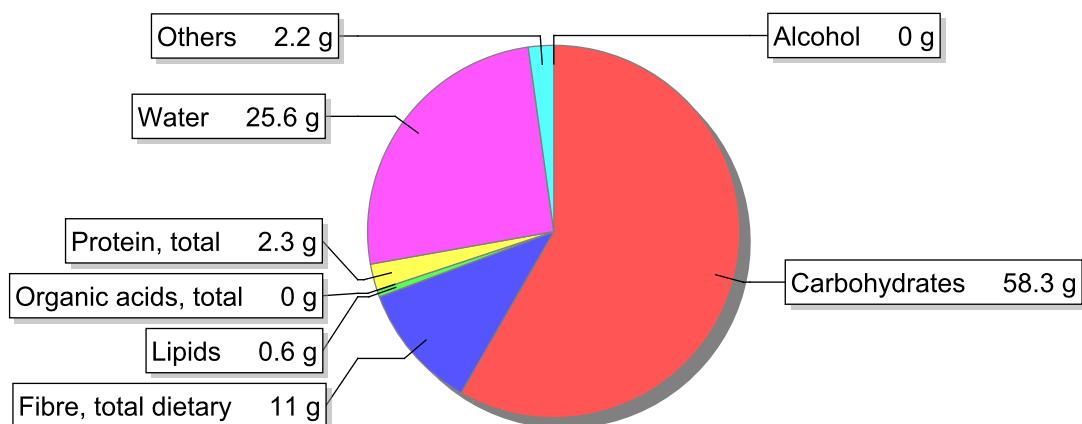


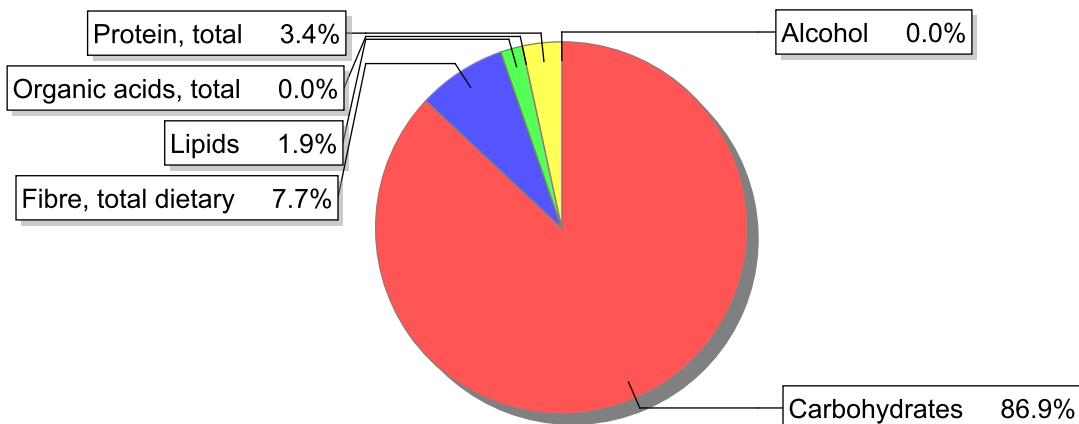
Food

Name: Figs, dried
Group: Fruit
Subgroup: Fresh fruit
Edible Part: 98%
Code: IS652
FoodEX2 Code: A01MG

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	270	kcal	
energy kJ, total metabolisable	1140	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0.1	g	57
fatty acids, total polyunsaturated	0.3	g	57
fatty acid 18:2 n-6 cis,cis	0.3	g	57
fatty acids, total trans	0	g	
sugars, total	58.3	g	
sucrose	1.8	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	11	g	
protein, total	2.3	g	57
alcohol	0	g	
water	25.6	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	11	µg	57
carotene, total (vitamin A precursors)	65	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.7	mg	
thiamin	0.07	mg	57
riboflavin	0.06	mg	57
niacin, preformed	0.8	mg	
niacin equivalents, total	1.2	mg	
niacin equivalents from tryptophan	0.4	mg	
vitamin B-6, total	0.22	mg	
vitamin B-12	0	µg	
vitamin C	1	mg	57
folate, total	9	µg	
ash	2.20	g	
sodium	62	mg	
potassium	940	mg	57
calcium	240	mg	
phosphorus	72	mg	57
magnesium	86	mg	57
iron, total	2.6	mg	57
zinc	0.3	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
1140	TDS_Iodo_INSA_LAB_2