

## DRIED FIGS

- Figs are good source of calcium, which can ward off osteoporosis as well as other health issues. You won't find a better plant source of calcium than figs.
- One ounce of dried figs has 3 grams of fiber. Fiber may help alleviate constipation and keep you feeling full longer. It may also help lower cholesterol and control blood sugar levels.



### NUTRITION FACTS

Serving Size 2 figs (38g)	
Amount Per Serving	
Calories 100	Calories from Fat 0
% Daily Values	
<b>Total Fat</b> 1 g	1%
Saturated Fat 0g	0%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 23g	8%
Dietary Fiber 3g	12%
Sugars 25g	
<b>Protein</b> 1g	
Vitamin A 0%	Vitamin C 15%
Calcium 4%	Iron 2%

### PACKING DETAILS

Weight	<b>500g</b>
Shelf-life	<b>24 months</b>

