**Topic of Assignment**

**NUTRITIONAL VALUE OF FIG**

**Submitted By:**

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**SARGODHA, PAKISTAN**

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| Nutritional Value of Fig (*Ficus carica*) Per 100 g7920725-Fresh-figs-isolated-on-white-Stock-Photo-fig-fruit-fresh.jpg**Fig is Famous For:****1. Vitamin C****2. Potassium****Dated: 10th October 2015****Prepared By: Laraib Fatima** |
| Energy | 74 Kcal |
| Carbohydrate | 19.18 g |
| Total fat | 0.30 g |
| Protein | 0.75 g |
| Cholesterol | 0 mg |
| Dietary Fiber | 2.9 g |
| Vitamins |
| Folates | 6 µg |
| Niacin | 0.400 mg |
| Pantothenic acid | 0.300 mg |
| Pyridoxine | 0.113 mg |
| Riboflavin | 0.050 mg |
| Thiamin | 0.060 |
| Vitamin A | 142 IU |
| Vitamin C | **2 mg\*** |
| Vitamin E | 0.11 mg |
| Vitamin K | 4.7 µg |
| Minerals |
| Calcium | 35 mg |
| Copper | 0.070 mg |
| Iron | 0.37 mg |
| Magnesium | 17 mg |
| Manganese | 0.128 mg |
| Selenium | 0.2 µg |
| Zinc | 0.15 mg |
| Sodium | 1 mg |
| Potassium | **232 mg\*** |
| Phyto-nutrients (Act as Antioxidants) |
| Carotene-ß | 85 µg\* |
| Leutine-zeaxanthin | 4 µg |
| Source: USDA National Nutrient Database |

**Reference:** <http://www.nutrition-and-you.com/fig-fruit.html>