

Health benefits of figs

- Fig fruit is low in calories. 100 g fresh fruits provide only 74 calories. However, they contain health benefiting soluble dietary fiber, minerals, vitamins, and pigment anti-oxidants that contribute immensely towards optimum health and wellness.
- Dried figs are an excellent source of minerals, vitamins and anti-oxidants. In fact, dried fruits are higher concentrated sources of energy, minerals and vitamins. 100 g dried figs provide 249 calories.
- Fresh figs, especially black mission, are good in poly-phenolic flavonoid anti-oxidants such as *carotenes, lutein, tannins, chlorogenic acid...*etc. Their anti-oxidant value is comparable to that of apples at 3200 umol/100 g (Trolox equivalents).
- In addition, fresh figs contain adequate levels of some of the anti-oxidant vitamins such as vitamin A, E, and K. Altogether these phyto-chemical compounds in fig fruit help scavenge harmful oxygen derived free radicals from the body and thereby protect us from cancers, diabetes, degenerative diseases and infections.

Principle	Nutrient Value	Percentage of RDA
Energy	74 Kcal	4%
Carbohydrates	19.18 g	15%
Protein	0.75 g	1.5%
Total Fat	0.30 g	1%
Cholesterol	0 mg	0%
Dietary Fiber	2.9 g	7%
Thiamin	0.060	5%
Vitamin A	142 IU	5%
Vitamin C	2 mg	3%
Vitamin E	0.11 mg	1%
Vitamin K	4.7 µg	4%
Calcium	35 mg	3.5%
Copper	0.070 mg	8%
Iron	0.37 mg	5%
Magnesium	17 mg	4%
Manganese	0.128 mg	5.5%
Selenium	0.2 µg	<1%
Zinc	0.15 mg	1%