

Pajarero Figs

Ingredients: Dried Pajarero figs

Nutrition Facts			
Serving Size 1 ounce (28g)			
Amount Per Serving:			
Calories: 76		Calories from Fat: 3	
		% Daily Value*	
Total fat	<1g		0%
Sat. Fat	0g		0%
Cholesterol	0mg		0%
Sodium	11mg		0%
Total Carb.	15g		5%
Fiber	3g		13%
Sugars	11g		
Protein	1g		
Vitamin A	0%		Vitamin C 0%
Calcium	1%		Iron 5%
*Percentage Daily Value (DV) are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie intake.			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	26g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate	Less than	300g	375g
Dietary Fiber	Less than	25g	30g