

## DESCRIPTION

Description : Figs , Dried  
 Scientific Name : Ficus Carica  
 Common Names: Fig (English) , Higo (Spanish) , Figue (French) , Feigen (German) , Fico (Italy)

### FICUSE CARICA 720 VARIETIES

- 1-CAPRI FIG (89)
- 2-SMYRNA (129)
- 3-SAN PEDRO (21)
- 4-COMMON (481)

- 1- Green And yellow varieties
- 2- Dark Varieties



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There are two main commercial types of figs the "common fig" that produces fruit without pollination and the "smyrna fig" that requires pollination by a fig wasp. The fig probably originated in western Asia, and spread to the Mediterranean. The typical fig producing regions have mild winters and hot dry summers. The fig is moderately important world crop, with an estimated fruit (1999). The fruit usually is consumed fresh locally or in dried, canned, and preserved form, because of loss in transport and short shelf life approximately 40% of this crop is sold as dried fruit. Dried fig, with its delicious taste and nutrition's content are popular fruit items sold throughout the world, several countries import dried figs or the paste. Early September is the beginning of new export season and sales reach their peak until Christmas.

| Compare Nutrients In Dried Figs (USA, IRAN, TURKEY) |                 |         |         |
|---|-----------------|---------|---------|
| Dietary Component                                   | Amounts in 100g |         |         |
|   | USA             | IRAN    | Turkish |
| Moisture  | 23g             | 9.9g    | 16.8g   |
| Total Calories                                      | 281.9kcal       | 313kcal | 217kcal |
| Total Fat   | 0.52g           | 3.8g    | 1.4g    |
| Saturated Fat                                       | 0.0g            | 0.0g    | 0.2g    |
| Cholesterol   | 0.0mg           | 0.0mg   | 0.0mg   |
| Sodium  | 12.26mg         | 5.2mg   | 14mg    |
| Potassium   | 609mg           | 1060mg  | 800mg   |
| Total Dietary Fiber                                 | 12.21g          | 13.7g   | 6.7g    |
| Sugars(FRUCTOSE)                                    | 49.0g           | 66.1g   | 55.3g   |
| Protein   | 3.14g           | 3.6g    | 4g      |
| Calcium   | 133.0mg         | 363mg   | 138mg   |
| Iron  | 3.07mg          | 1.89mg  | 4.2mg   |

| Nutrients provided in 100 Gram Servings of Common Fruits |          |                   |                |              |           |
|--|----------|-------------------|----------------|--------------|-----------|
|  | Calories | Dietary Fiber (g) | Potassium (mg) | Calcium (mg) | Iron (mg) |
| Iranian figs   | 313      | 13.7              | 1060           | 363          | 1.89      |
| Apples   | 59       | 2                 | 115            | 7            | 0.2       |
| Bananas  | 60       | 1.3               | 257            | 3.9          | 0.2       |
| Dates  | 282      | 9.5               | 600            | 25           | 0.5       |
| Grapes   | 71       | 0.6               | 185            | 11           | 0.3       |
| Oranges  | 47       | 1.9               | 181            | 40           | 0.1       |
| Prunes   | 272      | 6                 | 725            | 18.1         | 1.4       |
| Raisins  | 316      | 5.9               | 766            | 35.1         | 3         |
| Strawberries   | 30       | 1.5               | 166            | 14           | 0.4       |

| Nutrients Provided in Serving Sizes of Common Fruits |          |                   |                |              |           |
|--|----------|-------------------|----------------|--------------|-----------|
|  | Calories | Dietary Fiber (g) | Potassium (mg) | Calcium (mg) | Iron (mg) |
| IRANIAN Figs   | 313      | 13.7              | 1060           | 363          | 1.89      |

|  | 125.2 | 5.46 | 424 | 145.2 | 0.756 |
|--|-------|------|-----|-------|-------|
| <b>(40 g, 1/4 cup)</b>                   |       |      |     |       |       |
| <b>Apples</b><br>(154g, 1 medium)        | 91    | 3    | 177 | 11    | 0.3   |
| <b>Bananas</b><br>(126 g, 1 medium)      | 75    | 1.7  | 324 | 4.9   | 0.3   |
| <b>Dates</b><br>(40 g, 1/4 cup)          | 113   | 3.8  | 240 | 10    | 0.2   |
| <b>Grapes</b><br>(138 g, 1 1/2 cups)     | 98    | 0.8  | 255 | 15    | 0.4   |
| <b>Oranges</b><br>(154 g, 1 medium)      | 72    | 2.9  | 279 | 62    | 0.2   |
| <b>Prunes</b><br>(40 g, 1/4 cup)         | 109   | 2.4  | 290 | 7.2   | 0.6   |
| <b>Raisins</b><br>(40 g, 1/4 cup)        | 126   | 2.3  | 306 | 16    | 1.2   |
| <b>Strawberries</b><br>(147 g, 8 medium) | 147   | 2.2  | 244 | 20.6  | 0.6   |