

DESCRIPTION

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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



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 figs 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 throuly out the world , several counties 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)			
	Amounts in 100g		
Dietary Component	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
(40 g, 1/4 cup)					
Apples (154g, 1 medium)	91	3	177	11	0.3
Bananas (126 g, 1 medium)	75	1.7	324	4.9	0.3
Dates (40 g, 1/4 cup)	113	3.8	240	10	0.2
Grapes (138 g, 1 1/2 cups)	98	0.8	255	15	0.4
Oranges (154 g, 1 medium)	72	2.9	279	62	0.2
Prunes (40 g, 1/4 cup)	109	2.4	290	7.2	0.6
Raisins (40 g, 1/4 cup)	126	2.3	306	16	1.2
Strawberries (147 g, 8 medium)	147	2.2	244	20.6	0.6