



GREAT LAKES
INTERNATIONAL TRADING INC.

Turkish Organic Figs

Ingredients: Organic Dried Figs

Nutrition Facts	
Serving Size: 3 Figs (40g)	
Servings Per Container: about 6	
Amount per Serving	
Calories 120	Calories from Fat 0
% of Daily Value*	
Total Fat 0g	
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Potassium 269mg	8%
Total Carbohydrate 28g	9%
Dietary Fiber 6g	22%
Sugars 22g	
Protein 1g	
Vitamin A	1%
Vitamin C	1%
Calcium	9%
Iron	5%
* Percent Daily Values are based on a 2,000 calorie diet.	



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