

Composition values

Per 100g edible food

Fig, raw



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Confidence code legend
Rating from A to D; A
represents the most reliable
values

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Ciqual French food composition table version (2016)

Component Name	Average Content	Min	Max	Source Code	Trust Code
Energy, Regulation EU No 1169/2011 (kJ/100g)	-				
Energy, Regulation EU No 1169/2011 (kcal/100g)	-				
Energy, N x Jones' factor, with fibres (kJ/100g)	-				
Energy, N x Jones' factor, with fibres (kcal/100g)	-				
Water (g/100g)	79.8	79.1	81.2	1193; 1664; 1818	B
Protein (g/100g)	0.85	0.63	1.02	1664; 1818	B
Protein, crude, N x 6.25 (g/100g)	0.85	0.63	1.02	1193; 1664; 1790	B
Carbohydrate (g/100g)	14.3	12.3	16.3	1664; 1790	C
Fat (g/100g)	0.3			1664; 1790; 1818	C
Sugars (g/100g)	14.3	12.3	16.3	1790; 1818	C
Starch (g/100g)	0			104	D
Fibres (g/100g)	2.63	2.1	2.9	1664; 1790; 1818	C
Polyols (g/100g)	-				
Ash (g/100g)	0.68	0.66	0.7	1664; 1818	B
Alcohol (g/100g)	0			1818	C
Organic acids (g/100g)	-				
FA saturated (g/100g)	0.069	0.047	0.1	1664; 1790; 1818	C
FA mono (g/100g)	0.059	0.051	0.066	1664; 1818	C
FA poly (g/100g)	0.13	0.11	0.14	1664; 1818	C
FA 4:0 (g/100g)	0			1664; 1818	C
FA 6:0 (g/100g)	0			1664; 1818	C
FA 8:0 (g/100g)	0			1664; 1818	C
FA 10:0 (g/100g)	0			1664; 1818	C
FA 12:0 (g/100g)	0			1664; 1818	C
FA 14:0 (g/100g)	0.002			1664; 1818	C
FA 16:0 (g/100g)	0.041	0.036	0.046	1664; 1818	C
FA 18:0 (g/100g)	0.011	0.009	0.012	1664; 1818	C
FA 18:1 n-9 cis (g/100g)	0.051			1664	C
FA 18:2 9c,12c (n-6) (g/100g)	0.11			1664	C

FA 18:3 c9,c12,c15 (n-3) (g/100g)	0			1664	C
FA 20:4 5c,8c,11c,14c (n-6) (g/100g)	0			1664	C
FA 20:5 5c,8c,11c,14c,17c (n-3) EPA (g/100g)	0			1664; 1818	C
FA 22:6 4c,7c,10c,13c,16c,19c (n-3) DHA (g/100g)	0			1664; 1818	C
Cholesterol (mg/100g)	0			1664; 1818	C
Salt (g/100g)	0.0038	0.0025	0.0051	1193; 1664; 1790; 1818	B
Calcium (mg/100g)	39	11	85.6	1664; 1818	C
Chloride (mg/100g)	-				
Copper (mg/100g)	0.07			1664; 1818	B
Iron (mg/100g)	0.37			1664; 1818	B
Iodine (µg/100g)	1.5			573	B
Magnesium (mg/100g)	17			1664; 1818	B
Manganese (mg/100g)	0.13			1664; 1818	B
Phosphorus (mg/100g)	22.5	14	72.2	1664; 1818	B
Potassium (mg/100g)	232			1664; 1818	C
Selenium (µg/100g)	traces			104	D
Sodium (mg/100g)	1			1664; 1818	C
Zinc (mg/100g)	0.15			1664; 1818	C
Retinol (µg/100g)	0			1664; 1818	C
Beta-carotene (µg/100g)	85			1818	C
Vitamin D (µg/100g)	0			1664; 1818	C
Vitamin E (mg/100g)	0.11		0.5	651	C
Vitamin K1 (µg/100g)	4.7			1818	C
Vitamin K2 (µg/100g)	-				
Vitamin C (mg/100g)	2			1664; 1818	C
Vitamin B1 or Thiamin (mg/100g)	0.06			1664; 1818	C
Vitamin B2 or Riboflavin (mg/100g)	0.05			1664; 1818	C
Vitamin B3 or Niacin (mg/100g)	0.4			1664; 1818	C
Vitamin B5 or Pantothenic acid (mg/100g)	0.3			1664; 1818	C
Vitamin B6 (mg/100g)	0.11			1664; 1818	C
Vitamin B9 or Folate (µg/100g)	7.5	6	9	1664; 1818	C
Vitamin B12 (µg/100g)	0			1664; 1818	C