

Composition values

Per 100g edible food

Fig, dried



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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) | 1110 | | | 999999 | C |
| Energy, Regulation EU No 1169/2011 (kcal/100g) | 264 | | | 999999 | C |
| Energy, N x Jones' factor, with fibres (kJ/100g) | 1110 | | | 999999 | C |
| Energy, N x Jones' factor, with fibres (kcal/100g) | 264 | | | 999999 | C |
| Water (g/100g) | 28 | 23.7 | 32.2 | 762; 1664; 1818 | B |
| Protein (g/100g) | 2.99 | 2.4 | 4.38 | 1664; 1818 | C |
| Protein, crude, N x 6.25 (g/100g) | 2.99 | 0.4 | 4.38 | 1664; 1794; 1802 | C |
| Carbohydrate (g/100g) | 55.5 | | | 1802 | B |
| Fat (g/100g) | 0.87 | 0.1 | 1.5 | 1664; 1794; 1802; 1818 | C |
| Sugars (g/100g) | 49.2 | 47.6 | 50.1 | 1794; 1802 | C |
| Starch (g/100g) | 5.07 | | | 1818 | B |
| Fibres (g/100g) | 10 | 6.5 | 14.5 | 572; 1664; 1794; 1802; 1818 | B |
| Polyols (g/100g) | - | | | | |
| Ash (g/100g) | 2.11 | 1.6 | 3.2 | 1664; 1794; 1818 | B |
| Alcohol (g/100g) | 0 | | | 1818 | C |
| Organic acids (g/100g) | 0.51 | | | 1194 | B |
| FA saturated (g/100g) | 0.35 | 0.08 | 1 | 1664; 1794; 1802; 1818 | C |
| FA mono (g/100g) | 0.18 | 0.16 | 0.19 | 1664; 1794; 1818 | C |
| FA poly (g/100g) | 0.27 | 0.06 | 0.4 | 1664; 1794; 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) | 0.0065 | 0.006 | 0.007 | 1664; 1818 | C |
| FA 16:0 (g/100g) | 0.12 | 0.11 | 0.13 | 1664; 1818 | C |
| FA 18:0 (g/100g) | 0.031 | 0.029 | 0.033 | 1664; 1818 | C |

| | | | | | |
|--|-------|-------|------|--------------------------------|---|
| FA 18:1 n-9 cis (g/100g) | 0.18 | | 0.18 | 1664 | D |
| FA 18:2 9c,12c (n-6) (g/100g) | 0.22 | 0.04 | 0.4 | 1664; 1794 | C |
| FA 18:3 c9,c12,c15 (n-3) (g/100g) | 0.02 | | | 1794 | 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) | 0.48 | 0.4 | 0.6 | 762 | B |
| Salt (g/100g) | 0.22 | 0.025 | 0.32 | 653; 1664; 1794; 1802; 1818 | A |
| Calcium (mg/100g) | 167 | 129 | 214 | 653; 1664; 1818 | A |
| Chloride (mg/100g) | - | | | | |
| Copper (mg/100g) | 0.27 | 0.24 | 0.32 | 653; 1664; 1818 | A |
| Iron (mg/100g) | 2.12 | 1.5 | 3 | 1664; 1818 | B |
| Iodine (µg/100g) | 2.55 | 0.8 | 4 | 573; 1664 | C |
| Magnesium (mg/100g) | 52.5 | 45.5 | 92 | 653; 1664; 1818 | A |
| Manganese (mg/100g) | 0.4 | 0.34 | 0.7 | 653; 1664; 1818 | A |
| Phosphorus (mg/100g) | 75.1 | 62 | 94.6 | 1664; 1818 | B |
| Potassium (mg/100g) | 845 | 581 | 1010 | 1664; 1818 | B |
| Selenium (µg/100g) | < 2.2 | 0 | | 653; 1664 | A |
| Sodium (mg/100g) | 86.3 | 7 | 128 | 653; 1664; 1794; 1802; 1818 | A |
| Zinc (mg/100g) | 0.51 | 0.44 | 0.9 | 653; 1664; 1818 | A |
| Retinol (µg/100g) | 0 | | | 1664; 1818 | C |
| Beta-carotene (µg/100g) | 6 | | | 1818 | B |
| Vitamin D (µg/100g) | 0 | | | 1664; 1818 | C |
| Vitamin E (mg/100g) | 0.35 | 0.27 | 0.46 | 999999 | B |
| Vitamin K1 (µg/100g) | 15.6 | 11.4 | 20 | 1818 | B |
| Vitamin K2 (µg/100g) | - | | | | |
| Vitamin C (mg/100g) | 1.2 | 0.2 | 3 | 1664; 1818 | B |
| Vitamin B1 or Thiamin (mg/100g) | 0.085 | 0.05 | 0.12 | 1664; 1818 | B |
| Vitamin B2 or Riboflavin (mg/100g) | 0.096 | 0.05 | 0.12 | 1664; 1818 | B |
| Vitamin B3 or Niacin (mg/100g) | 0.68 | 0.5 | 0.79 | 1664; 1818 | B |
| Vitamin B5 or Pantothenic acid (mg/100g) | 0.43 | 0.35 | 0.53 | 1664; 1818 | B |
| Vitamin B6 (mg/100g) | 0.11 | 0.073 | 0.18 | 1664; 1818 | B |
| Vitamin B9 or Folate (µg/100g) | 9 | 4 | 12.7 | 1664; 1818 | C |
| Vitamin B12 (µg/100g) | 0 | | | 1664; 1818 | C |