

Nutrition Powerhouse



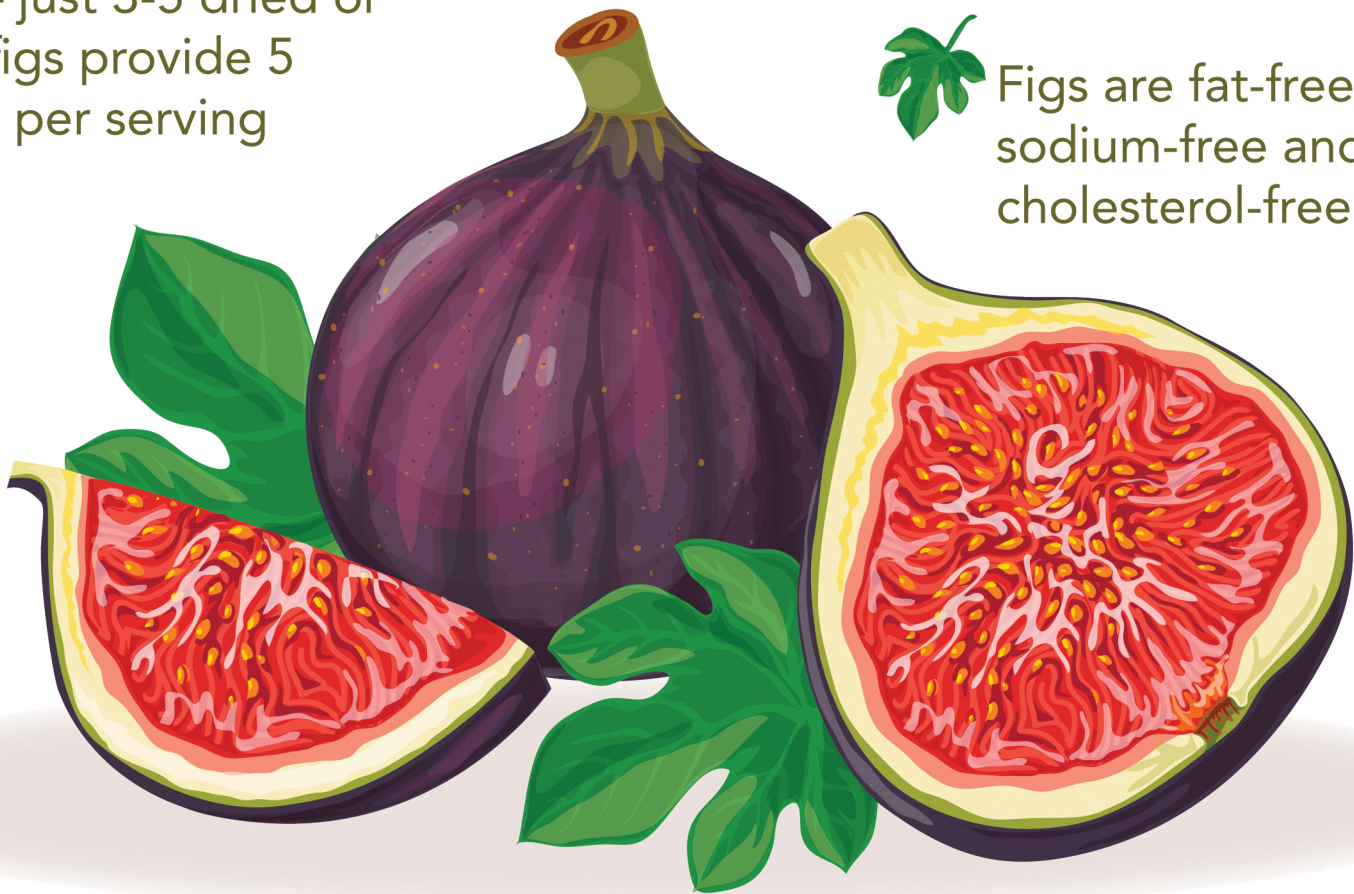
Good source of dietary fiber – just 3-5 dried or fresh figs provide 5 grams per serving



Rich in antioxidants, figs are also a good source of magnesium, calcium and potassium



Figs are fat-free, sodium-free and cholesterol-free



Visit californiafigs.com for recipes and nutritional tips.

Photo courtesy of Getty Images