

Dried Fruit

# Organic Black Mission Figs

Country of Origin: USA

Certified Organic

Pro-Cert

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## Nutrition Facts

### Valeur nutritive

Per 5 figs (40 g) / par 5 figues (40 g)

Amount Teneur	% Daily Value % valeur quotidienne
<b>Calories / Calories</b> 110	
<b>Fat / Lipides</b> 0 g	<b>0 %</b>
Saturated / saturés 0 g + Trans / trans 0 g	<b>0 %</b>
<b>Cholesterol / Cholestérol</b> 0 mg	
<b>Sodium / Sodium</b> 5 mg	<b>0 %</b>
<b>Carbohydrate / Glucides</b> 26 g	<b>9 %</b>
Fibre / Fibres 5 g	<b>20 %</b>
Sugars / Sucres 20 g	
<b>Protein / Protéines</b> 1 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	2 %
Calcium / Calcium	6 %
Iron / Fer	6 %

## Factoid:

The black mission fig received its name from the occasion of Franciscan monks bringing the fruit to California in the mid 1700s. They are deep purple in hue, but turn black when dried. For people trying to reduce their fat intake, figs are an appropriate staple as they do not contain fat yet provide fibre and a wide variety of nutrients.

## Allergen Information:

This product may contain sulphites.

## Ingredients:

Organic black Mission figs



**Recipe:**

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# Ported Stuffed Figs

## Ingredients:

2 C black mission figs, dried

1/2 C port wine

1/4 C ricotta cheese

1 C whole almonds

## Instructions:

1. Cover figs with water in a saucepan.
2. Bring to boil, cover and simmer for 20 minutes.
3. Drain; place figs in small bowl along with port.
4. Cover and chill overnight.
5. Drain. Remove stems; slice figs partially through in an "X" pattern.
6. Fill with small spoonfuls of ricotta cheese.
7. Top with a whole almond, pressed halfway into cheese.

