

Dried Fruit

left coast
ORGANICS

Organic Tena Figs

Country of Origin: USA

Organic

Pro-Cert

Nutrition Facts

Valeur nutritive

Per 1/4 cup (50 g) / par 1/4 tasse (50 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 150	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 5 mg	0 %
Carbohydrate / Glucides 36 g	12 %
Fibre / Fibres 7 g	26 %
Sugars / Sucres 27 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	6 %
Iron / Fer	10 %

Factoid:

Figs are known as "the fruit of the Gods." Known cultivation of figs dates back to 9400-9200 B.C. Figs were prized by the Greeks who used them as a sign of prosperity and for Olympic training.

Ingredients:

Organic tena figs.



Recipe:

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Dried Fruit Chutney with Spices

Ingredients:

- 1 shallot, finely chopped
- 1 Tbl coriander seeds
- 1 Tbl ginger, finely chopped
- 1 tsp vegetable oil
- 1 1/2 C dried apricots, coarsely chopped
- 1 C apple cider vinegar
- 1/4 C dried Tena figs, coarsely chopped
- 1/4 C prunes, coarsely chopped
- 1/4 C golden raisins
- 1/4 C dark molasses
- 1 1/2 C water
- Salt and pepper to taste

Instructions:

1. Stir one shallot, one tablespoon of corianderseeds, one tablespoon ginger, and one teaspoon vegetable oil in a mediumsaucepan over medium heat until fragrant for around one minute.
2. Add one and a half cups dried apricots, one cup apple cider vinegar, a quarter cup dried figs, a quarter cup coarsely chopped prunes, a quarter cup of golden raisins, a quarter cup of dark molasses, and one and a half cups of water.
3. Season with salt and pepper to taste.
4. Bring to a simmer and add more water if it is becoming too thick. Cook until fruit is soft and tender, and the liquid is almost completely cooked off. Let cool and serve.

See the original recipe at Epicurious.com