

FIGS, WHOLE DRIED

for use in the USDA Household
Commodity Food Distribution Programs

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Product Description

Dried Whole Figs are packed loose in one-pound packages.

Pack/Yield

A one-pound package of Dried Figs provides approximately 9 ¼-cup servings.

Storage

- Store figs in a cool, dry place in a tightly closed container.
- The natural fruit sugar crystallizes after figs have been stored for a considerable time, forming a harmless, white coating. This crystallized fruit sugar can be removed by washing figs with warm water.
- After package is opened, store in tightly closed container in the refrigerator for up to 6 months.

Uses and Tips

- Figs are a ready-to-eat snack. They can be added to a mix of nuts and raisins. Chopped figs can be sprinkled on top of dry or cooked cereals.
- Add sliced or chopped figs to muffins, breads, cookies, and other desserts.
- Toss dried, chopped figs in salads.
- Figs can also be used in ham, chicken, and turkey main dishes, sandwiches, and in sauces.



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Preparation/Cooking

- For baking and cooking: remove the stem with a knife or scissors. Chop or cut fig into pieces and substitute for raisins in baked items.
- To stew: Cover figs with water and simmer for 30 minutes or until soft.

Nutrition Information

- **Dried Figs** are an excellent source of dietary fiber. They are low in fat and sodium.
- 1/4 cup of dried, uncooked figs provides 1 serving from the **FRUIT GROUP** of the **Food Guide Pyramid**.

Nutrition Facts			
Serving size ¼ cup (three each) (49g) dried, uncooked figs			
Amount Per Serving			
Calories	130	Fat Cal	5
% Daily Value*			
Total Fat	0.5g		1%
	Saturated Fat	0g	0%
Cholesterol	0mg		0%
Sodium	5mg		0%
Total Carbohydrate	33g		11%
	Dietary Fiber	6g	24%
	Sugars	31g	
Protein	2 g		
Vitamin A	0%	Vitamin C	0%
Calcium	8%	Iron	6%
*Percent Daily Values are based on a 2,000 calorie diet.			

Lowfat Chocolate Fig Cake

1 cup chopped dried figs
 1 cups boiling water
 1 teaspoon baking soda
 ¼ cup oil
 ¾ cup sugar
 ½ cup applesauce
 ½ cup eggs (2 eggs)
 3 tablespoons cocoa
 1¼ cups + 2 tablespoons flour
 2 teaspoons vanilla

Recipe provided by "Food Management" magazine

1. Grease and flour an 8"x12" pan. Preheat oven to 350°F.
2. Place figs in a bowl; pour boiling water over the top and sprinkle with baking soda. Mix and allow to stand until cool.
3. Combine oil and sugar. Blend in eggs, applesauce, vanilla, salt, and cocoa.
4. Add flour alternately with cooled fig mixture.
5. Spread batter in pan.
6. Bake for 50 minutes until a toothpick inserted in the center comes out clean.
7. Cut 3 x 4.

Makes 12 servings

Nutrition Information for each serving of Lowfat Chocolate Fig Cake:

Calories	203	Cholesterol	35 mg	Sugar	23 g	Calcium	35 mg
Calories from Fat	50	Sodium	120 mg	Protein	3 g	Iron	1.1 mg
Total Fat	5.6 g	Total Carbohydrate	35 g	Vitamin A	20 RE		
Saturated Fat	1.1 g	Dietary Fiber	2 g	Vitamin C	0 mg		

Rice with Figs

2 cups (16 ounces) rice
 2 2/3 cups chicken or beef broth
 1 tablespoon butter
 1 tablespoon oil
 1/3 cup minced onions
 ½ cup chopped dried figs
 ½ cup chopped almonds

Recipe provided by California Fig Advisory Board

1. Reserve 1/3 cup broth for use in Step 3. Prepare rice using 2 1/3 cups broth and 1 tablespoon butter. Follow cooking directions on the rice package.
2. Heat oil in a medium skillet. Sauté onions, figs, and almonds for 2-3 minutes until nuts are golden.
3. Add remaining 1/3-cup broth; heat through.
4. Toss fig mixture into cooked rice.

Makes 6 servings

Nutrition Information for each serving of Rice with Figs:

Calories	235	Cholesterol	5 mg	Sugar	11 g	Calcium	65 mg
Calories from Fat	99	Sodium	368 mg	Protein	6 g	Iron	1.6 mg
Total Fat	11.1 g	Total Carbohydrate	29 g	Vitamin A	21 RE		
Saturated Fat	2.4 g	Dietary Fiber	3 g	Vitamin C	0 mg		

These recipes, presented to you by USDA, have not been tested or standardized.

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