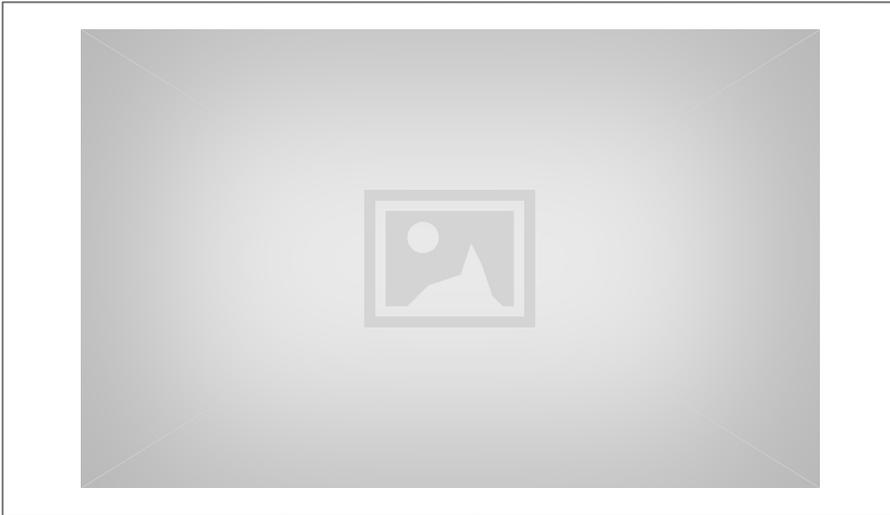




Culinary Masters

182471 - Figs Black Mission Dried

Figs are small sweet fruits that are round with a soft exterior and a creamy jelly-like center full of tiny seeds that add a delicious crunchy texture when eaten. When dried that sweetness takes on an even higher concentration.



* Benefits

Dried Black Mission figs are one of the sweetest of the dried fruits, along with strawberries and apricots. Figs are small sweet fruits that are round with a soft exterior and a creamy jelly-like center full of tiny seeds that add a delicious crunchy texture when eaten. When dried that sweetness takes on an even higher concentration. For this reason dried Black Mission figs are very popular in sweet cakes, cookies, fruit fillings, and pies. Our dried black figs for sale have a dark purple, almost black, exterior and a bright pink seed-filled marion. It is OK to eat fig seeds because they are very tiny and add a satisfying crunch to the figs texture. They have a sweet, even, creamy taste. The simplest way to prepare dried black mission figs (other than serving them alone as a healthy bite-sized snack) is to coat them in chocolate, or mash them with spices and a hint of fruit juice and bake them as tart or cookie fillings. Because figs are popular in Mediterranean and Middle Eastern diets they blend well with foods like olives, feta, blue cheese, goat cheese, parmesan cheese, almonds, red wine, salad dressings, yogurt, warm grains, oatmeal, rice, duck, prosciutto, and other fruits. The sweet sometimes nutty fig flavor is complemented by honey, pepper, cumin, toasted sesame, basil, and a variety of other spices. Figs are one of the oldest cultivated fruits, originating in the Middle East and quickly spreading to the corners of the known world because of their ease of cultivation and robust harvests. The fig tree is a heavy plant that can grow in arid conditions, and is easily spread by planting cuttings from a parent tree. Fig trees and figs became extremely popular in Rome, Greece, and Egypt. There are many varieties of figs including Black Mission, Calimyrna, Kadota, Adriatic, and many others. Fig flavors vary from sweet and fruity to bright flavors to caramel coffee bean flavors. Dried figs have a shelf life of one month, but will last up to one year if refrigerated.

Nutrition Facts

Servings per Container
Serving size **100.0g (100g)**

Amount per serving
Calories

	% Daily Value*
Total Fat 0.56 g	%
Saturated Fat	%
Trans Fat	
Cholesterol	%
Sodium 13 mg	%
Total Carbohydrate 71.7 g	%
Dietary Fiber 13.23 g	%
Total Sugars 53 g	
Includes Added Sugar	%
Protein 3.4 g	
Vitamin D	%
Calcium 144 mg	%
Iron 3.33 mg	%
Potassium 660 mg	%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients	Allergens
Mission Figs	

Handling Suggestions
Product should be kept in a cool dry environment free from infestation within a temperature range of 35 degrees F to 60 degrees F at 55% RH or less.--- UNIT UPC: 688032027044 ---
Serving Suggestions
See label for suggestions
Prep & Cooking Suggestions
See label for suggestions

Product Specifications						
Brand			Manufacturer			
Culinary Masters			Culinary Masters			
UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.	
688032027044	80024	182471	10688032027041		1/6 LB	
Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition		
6.5 lb	6 lb		No			
Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
12 in	8 in	6.5 in	0.36 ft3	20x8	282 days	35 °F / 37 °F



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Nutrition Analysis - By Measure

Calories		Total Fat	0.56 g	Sodium	13 mg
Protein	3.4	Trans Fats		Calcium	144 mg
Total Carbohydrates...	71.7 g	Saturated Fat		Iron	3.33 mg
Sugars	53 g	Added Sugars		Potassium	660 mg
Dietary Fiber	13.23 g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol			
Vitamin A(U)		Vitamin D		Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-12	
Monosodium		Sulphites		Nitrates	

Additional Images

