



Mitica

35232 - Fig Almond Bars Gluten Free Vegan

A great on-the-go snack format of the perennial favorite, Fig Almond Cake, made with just Pajarero figs and Marcona almonds. Eat as an energy-boosting snack or healthy dessert.



\* Benefits

A great on-the-go snack format of the perennial favorite, Fig Almond Cake, made with just Pajarero figs and Marcona almonds. The Pajarero fig is grown in Spain, which has been cultivating these special figs since the Arabic invasion. An integral part of Spanish cuisine, it is smaller and sweeter than other varieties of fig and has a thin, delicate skin that allows the flavor of the fruit to shine through. Family-owned farms cultivate the figs, which are destemmed by hand and then carefully combined with the prized Marcona almond to make this delicious fruit cake bar. Eat as an energy-boosting snack or healthy dessert.

Ingredients

Pajarero Figs, Marcona Almonds.

⚠ Allergens

Contains:

tree nuts

Free From:

- crustaceans eggs fish milk  
peanuts sesame soy wheat

Nutrition Facts

Servings per Container 1  
Serving size 1.00Z (1oz)

Amount per serving  
Calories 90

	% Daily Value*
Total Fat 2g	2%
Saturated Fat 0.5g	1%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	9%
Total Sugars 13g	
Includes 0g Added Sugar	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 57mg	4%
Iron 0.8mg	4%
Potassium 271mg	6%

\* 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.

Handling Suggestions

Store in a cool, dry place. UNIT UPC: 825325001620

Serving Suggestions

Eat as an energy-boosting snack or healthy dessert.

Prep & Cooking Suggestions

Ready to eat

Product Specifications

Brand	Manufacturer
Mitica	Forever Cheese

UPC	MFG #	SPC #	GTIN	Pack	Pack Desc.
825325001620	ES189	35232	10825325001627		24/1 OZ

Gross Weight	Net Weight	Country of Origin	Kosher	Child Nutrition
3lb	2lb	Spain	No	

Shipping Information						
Length	Width	Height	Volume	TlxHl	Shelf Life	Storage Temp From/To
11in	4in	1.5in	0.04ft3	9x30	238days	60°F / 77°F



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Nutrition Analysis - By Measure

Calories	90	Total Fat	2g	Sodium	20mg
Protein	2	Trans Fats	0g	Calcium	57mg
Total Carbohydrates...	16g	Saturated Fat	0.5g	Iron	0.8mg
Sugars	13g	Added Sugars	0g	Potassium	271mg
Dietary Fiber	3g	Polyunsaturated Fat		Zinc	
Lactose		Monounsaturated Fat		Phosphorus	
Sucrose		Cholesterol	0mg		
Vitamin A(IU)•		Vitamin D	0mcg	Thiamin	
Vitamin A(RE)		Vitamin E		Niacin	
Vitamin C		Folate		Riboflavin	
Magnesium		Vitamin B-6		Vitamin B-1 2•	
Monosodium		Sulphites		Nitrates	

 Additional Images

