

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

BLACK MISSION FIGS



Figs are naturally sweet and nutritious. You can use fresh or dried figs in jams, jellies, desserts, and savory dishes. Figs are a good source of fiber, magnesium, and potassium.

Figs are naturally low in fat, containing a negligible amount. Figs do not contain much protein—only 0.3 grams per fig. Ripe figs are easy to spot. They hold their shape and are not soft, but they do give slightly to pressure. If the figs are too hard and don't respond to your touch, they are not ripe.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER