



## June 1- Orange and Figs

Smart Snack

Link: There is no link, just a simple idea

### Recipe

Ingredients:

1 orange

2 Figs

Yield 1 serving

This light snack is packed with fiber!

### Nutrition Facts

Serving Size 1 serving (231g)  
Servings Per Container 1

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**Amount Per Serving**

**Calories** 150      **Calories from Fat** 0

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**% Daily Value\***

**Total Fat** 0g      **1%**

Saturated Fat 0g      **0%**

*Trans Fat*

**Cholesterol** 0mg      **0%**

**Sodium** 0mg      **0%**

**Total Carbohydrate** 35g      **12%**

Dietary Fiber 6g      **24%**

Sugars 29g

**Protein** 2g      **4%**

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Vitamin A 8%      •      Vitamin C 120%

Calcium 8%      •      Iron 2%

\* Percent Daily Values are based on a 2,000 calorie diet.