



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

Amount Per Serving

Calories 150 **Calories from Fat** 0

% 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%**

Vitamin A 8% • Vitamin C 120%

Calcium 8% • Iron 2%

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