

## Date vs Fig (vsdiff.com)

Attribute	Date	Fig
Scientific name	Phoenix dactylifera	Ficus carica
Family	Arecaceae (palm family)	Moraceae (mulberry/fig family)
Native / historical range	Indigenous to the <i>Middle East</i> and <i>North Africa</i> ; cultivated ~6,000–4,000 BCE	Native to <i>Western Asia</i> and the Mediterranean; cultivated since approximately 5,000–3,000 BCE
Common commercial form	Usually <b>dried</b> or semi-dried; also fresh in season	Sold <b>fresh</b> in season and <i>dried</i> year-round
Calories (per 100 g, approx.)	~270–300 kcal (dried)	~70–80 kcal (fresh); ~240–260 kcal (dried)
Sugar (per 100 g, approx.)	~60–70 g (mostly free sugars)	~16–20 g (fresh); ~45–55 g (dried)
Dietary fiber (per 100 g, approx.)	~6–8 g	~2–3 g (fresh); ~8–10 g (dried)
Notable phytochemicals	<b>Phenolic acids</b> , flavonoids, carotenoids, potassium	<b>Polyphenols</b> , flavonoids, small amounts of calcium and prebiotic fibers
Texture & culinary role	Candied, <b>chewy</b> , used as sweetener or snack	Juicy and <b>grainy</b> (tiny seeds); used fresh, in preserves, paired with cheese
Typical shelf life	Long when dried (months to >1 year refrigerated); <i>depends on humidity</i>	Perishable (days to ~1 week refrigerated fresh); dried figs last longer
Pollination notes	Often hand-pollinated commercially; some varieties parthenocarpic	Unique fig-wasp mutualism for many cultivars (caprification); some varieties are self-fertile

Source: <https://vsdiff.com/date-vs-fig/>