

Nutrition Facts

Garlic

Serving size (100g)

Amount Per Serving

Calories

150

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% Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0.1g **1%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 15mg **1%**

Total Carbohydrate 33g **12%**

Dietary Fiber 2g **7%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 0mcg **0%**

Calcium 234mg **20%**

Iron 1.62mg **8%**

Potassium 517mg **10%**

Vitamin C **50%**

Thiamin **15%**

Vitamin B6 **60%**

Phosphorus **15%**

Magnesium **6%**

Zinc **8%**

Selenium **20%**

Copper **15%**

Manganese **80%**

* 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.