

Nutrition Facts

Ginger

Serving size (28g)

Amount Per Serving

Calories

100

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% Daily Value*

Total Fat 1.5g **2%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 10mg **0%**

Total Carbohydrate 20g **7%**

Dietary Fiber 4g **14%**

Total Sugars 1g

Includes 0g Added Sugars **0%**

Protein 3g **6%**

Vitamin D 0mcg 0%

Calcium 39mg 4%

Iron 3.24mg 20%

Potassium 517mg 10%

Vitamin A 0%

Vitamin C 4%

Vitamin E 25%

Thiamin 0%

Riboflavin 4%

Vitamin B6 10%

Folate 4%

Magnesium 15%

Manganese 370%

* 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.