



GARLIC NUTRITION FACTS

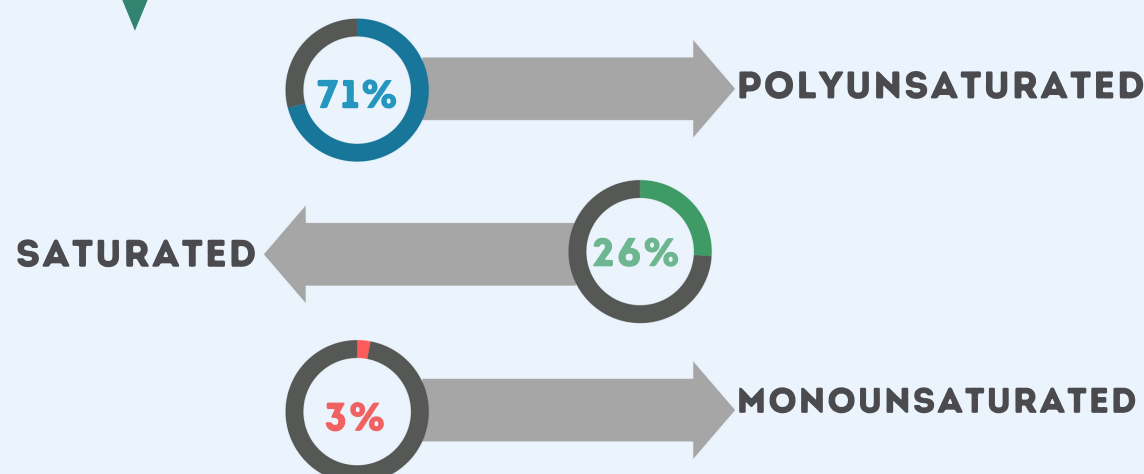


CALORIES 149/100GM

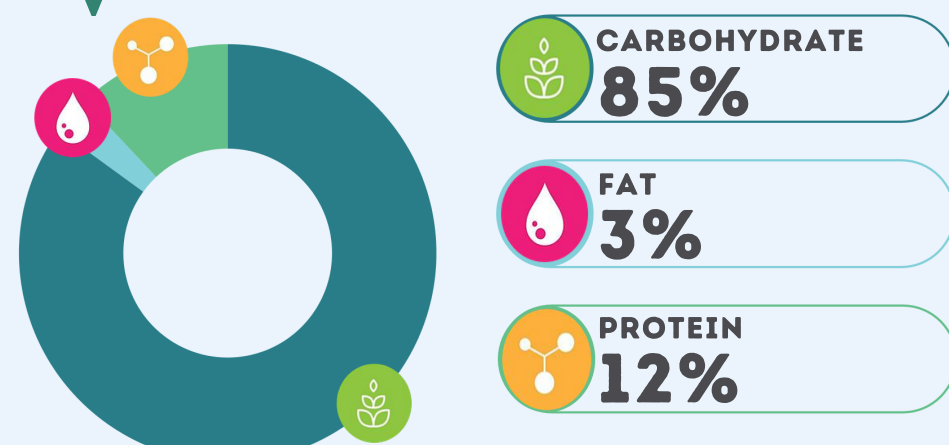
	AMOUNT		AMOUNT
CARBOHYDRATE	33.06 G	NIACIN	0.700 MG
FAT	0.50 G	VITAMIN A	0.00
PROTEIN	6.36 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	1.235 MG
FIBER	2.1 G	VITAMIN C	31.2 MG
RIBOFLAVIN	0.110 MG	VITAMIN D	0.00
SODIUM, NA	17 MG	FOLATE	3.00 MCG
THIAMIN	0.200 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



GARLIC OTHER NAMES

ALLIUM SATIVUM

MINERALS IN POTATO

181 MG	CALCIUM, CA	14 % (DV)
0.299 MG	COPPER, CU	33 % (DV)
1.70 MG	IRON, FE	9 % (DV)
25 MG	MAGNESIUM, MG	6 % (DV)
14.2 MCG	SELENIUM, SE	26 % (DV)
153 MG	PHOSPHORUS, P	22 % (DV)
401 MG	POTASSIUM, K	9 % (DV)
1.16 MG	ZINC, ZN	11 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.