

## Garlic cloves

# Nutrition Facts

About 2 servings per container

**Serving size** 1 cup (100g)

**Amount per serving**

**Calories** 5

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

*Trans* Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 1mg 0%

**Total Carbohydrate** 1g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 0g

Vitamin D 0mcg 0%

Calcium 185mg 13.9%

Iron 1.6mg 9.2%

Potassium 396mg 10%

\* 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.

\*Nutritional Values based on the FDA.