

Garlic

Nutrition Facts

About 1.2 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.