**GARLIC CLOVE:**

Remove the outer papery layer, and you’ll see that one bulb is made up of many individual lobes that are also covered in papery skin. Each of these lobes is called a clove of garlic.

**What is Garlic Clove?**

Fresh garlic is sold in bulbs, this is an entire head of garlic that is covered in a paper like coating. The entire bulb is made up of separate pieces, each with its own paper-like coating. Each of those individual wedges or pieces is a clove of garlic.

According to general rule of thumb: 1 clove of garlic equals 1 teaspoon of minced garlic.

**Health Benefits:**

* Good for blood pressure and cholesterol levels.
* It's cheaper and lasts longer when stored properly.
* It is rich in vitamins and minerals, including vitamin C, B vitamins, manganese, and selenium. Garlic is also a good source of fibre.
* It has many health benefits due to its high nutrient content. Garlic can help boost your immune system, fight off infections, and lower cholesterol levels. Garlic can also help improve circulation and prevent blood clots.

**Uses of Garlic Clove:**

Garlic Clove is one of those versatile meal prep hacks that can be used whenever finely chopped, minced or grated garlic is called for in a recipe. It makes a savory addition to dressings, marinades and sauces, too. We can make many dishes with use of garlic cloves. For e.g., Garlic Butter, Garlic Chicken, Garlic Rice, Garlic butter with bread and many more.

**Why You’ll Love It**

1. Add More flavor to dishes
2. No Additives or Preservatives
3. Incredibly Easy to use
4. Stores So well!
5. Health benefits

**REPHRASED**

**GARLIC CLOVE:**

One bulb is made up of numerous distinct lobes that are also covered in papery skin when the outer papery covering is removed. The term "clove of garlic" refers to each of these lobes.

**What is Garlic Clove?**

This is a whole head of garlic that is covered in what looks like paper; fresh garlic is often sold in bulbs. Each individual element that makes up the bulb has a paper-like covering. A garlic clove can be found in each of those individual wedges or bits.

According to general rule of thumb: 1 clove of garlic equals 1 teaspoon of minced garlic.

**Health Benefits:**

* Good for blood pressure and cholesterol levels.
* It's cheaper and lasts longer when stored properly.
* It is rich in vitamins and minerals, including vitamin C, B vitamins, manganese, and selenium. Garlic is also a good source of fibre.
* It has many health benefits due to its high nutrient content. Garlic can help boost your immune system, fight off infections, and lower cholesterol levels. Garlic can also help improve circulation and prevent blood clots.

**Uses of Garlic Clove:**

One of those useful meal preparation tricks is garlic clove, which may be utilized whenever a recipe calls for finely chopped, minced, or grated garlic. Additionally, it adds flavor to sauces, marinades, and salads. Garlic cloves can be used to prepare a variety of cuisines. A few examples of garlic dishes are garlic butter, garlic chicken, garlic rice, and garlic butter on bread.

**Why You’ll Love It**

Increase the flavor of food

No Preservatives or Additives

Amazingly simple to use

So well stores!

health advantages