

Elephant garlic

Nutrition Facts

About 4 servings per container

Serving size1 cup (100g)

Amount per serving

Calories5

% Daily Value*

Total Fat 0g0%

Saturated Fat 0g0%

Trans Fat 0g

Cholesterol 0mg0%

Sodium 1mg0%

Total Carbohydrate 1g0%

Dietary Fiber 0g0%

Total Sugars 0g

Includes 0g Added Sugars0%

Protein 0g

Vitamin D 0mcg0%

Calcium 185mg13.9%

Iron 1.6mg9.2%

Potassium 396mg10%

* 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.