

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.