

## Peeled garlic

# Nutrition Facts

About 2.8 servings per container

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

Amount per serving

**Calories**

**160**

% Daily Value\*

**Total Fat** 0.7g 1%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 16.8mg 1%

**Total Carbohydrate** 32.7g 15%

Dietary Fiber 2g 7%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 6.3g

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.