## Copilot

Absolutely, I can assist you in creating comprehensive and exhaustive documentation for each of your ingredients. Here's how we can approach this:

1. **Ingredient Overview**: Start with a brief description of the ingredient, its origin, and its common uses.
2. **Nutritional Information**: Detail the nutritional content of the ingredient, such as calories, protein, fat, carbohydrates, vitamins, and minerals.
3. **Health Benefits**: Discuss any known health benefits associated with the ingredient.
4. **Culinary Uses**: Describe how the ingredient is used in cooking, including popular recipes or dishes that feature it.
5. **Storage and Handling**: Provide information on how to properly store and handle the ingredient to maintain its quality and freshness.
6. **Availability and Substitutions**: Mention when and where the ingredient is typically available and suggest possible substitutions if it's hard to find.

Here's an example for the ingredient "Garlic":

# Garlic

## Overview

**Garlic** is a plant in the Allium (onion) family. It is closely related to onions, shallots, and leeks. It grows in many parts of the world and is a popular ingredient in cooking due to its strong smell and delicious taste.

## Nutritional Information

A 1-ounce (28 grams) serving of garlic provides:

* Calories: 42
* Protein: 1.8 grams
* Carbs: 9 grams
* Fiber: 1 gram
* Vitamin C: 52% of the Daily Value (DV)
* Selenium: 6% of the DV
* Manganese: 23% of the DV

## Health Benefits

Garlic is known for its beneficial impact on heart health. It can combat sickness, including the common cold, and help lower blood pressure.

## Culinary Uses

Garlic is a fundamental component in many or most dishes of various regions, including eastern Asia, South Asia, Southeast Asia, the Middle East, northern Africa, southern Europe, and parts of South and Central America.

## Storage and Handling

Store fresh garlic in a cool, dark place in an open container. Handle it gently to prevent bruising.

## Availability and Substitutions

Garlic is available year-round but is freshest between March and August. In a pinch, garlic powder or minced garlic can substitute fresh garlic, but the flavor may not be as vibrant.

Please provide me with the list of ingredients you want to document, and I'll generate similar content for each one. Let's get started! 😊