

Basic Report 11215, Garlic, raw
Report Date: September 17, 2019 06:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 136g	1 tsp 2.8g	1 clove 3g	3.0 cloves 9g
Proximates						
Water	g	58.58	79.67	1.64	1.76	5.27
Energy	kcal	149	203	4	4	13
Protein	g	6.36	8.65	0.18	0.19	0.57
Total lipid (fat)	g	0.50	0.68	0.01	0.01	0.04
Carbohydrate, by difference	g	33.06	44.96	0.93	0.99	2.98
Fiber, total dietary	g	2.1	2.9	0.1	0.1	0.2
Sugars, total	g	1.00	1.36	0.03	0.03	0.09
Minerals						
Calcium, Ca	mg	181	246	5	5	16
Iron, Fe	mg	1.70	2.31	0.05	0.05	0.15
Magnesium, Mg	mg	25	34	1	1	2
Phosphorus, P	mg	153	208	4	5	14
Potassium, K	mg	401	545	11	12	36
Sodium, Na	mg	17	23	0	1	2
Zinc, Zn	mg	1.16	1.58	0.03	0.03	0.10
Vitamins						
Vitamin C, total ascorbic acid	mg	31.2	42.4	0.9	0.9	2.8
Thiamin	mg	0.200	0.272	0.006	0.006	0.018
Riboflavin	mg	0.110	0.150	0.003	0.003	0.010
Niacin	mg	0.700	0.952	0.020	0.021	0.063
Vitamin B-6	mg	1.235	1.680	0.035	0.037	0.111
Folate, DFE	µg	3	4	0	0	0
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0
Vitamin A, IU	IU	9	12	0	0	1
Vitamin E (alpha-tocopherol)	mg	0.08	0.11	0.00	0.00	0.01

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0
Vitamin K (phylloquinone)	µg	1.7	2.3	0.0	0.1	0.2
Lipids						
Fatty acids, total saturated	g	0.089	0.121	0.002	0.003	0.008
Fatty acids, total monounsaturated	g	0.011	0.015	0.000	0.000	0.001
Fatty acids, total polyunsaturated	g	0.249	0.339	0.007	0.007	0.022
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0
Amino Acids						
Other						
Caffeine	mg	0	0	0	0	0