

Basic Report 02020, Spices, garlic powder

Report Date: August 23, 2019 09:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tsp 3.1g	1 tbsp 9.7g
Proximates				
Water	g	6.45	0.20	0.63
Energy	kcal	331	10	32
Protein	g	16.55	0.51	1.61
Total lipid (fat)	g	0.73	0.02	0.07
Carbohydrate, by difference	g	72.73	2.25	7.05
Fiber, total dietary	g	9.0	0.3	0.9
Sugars, total	g	2.43	0.08	0.24
Minerals				
Calcium, Ca	mg	79	2	8
Iron, Fe	mg	5.65	0.18	0.55
Magnesium, Mg	mg	77	2	7
Phosphorus, P	mg	414	13	40
Potassium, K	mg	1193	37	116
Sodium, Na	mg	60	2	6
Zinc, Zn	mg	2.99	0.09	0.29
Vitamins				
Vitamin C, total ascorbic acid	mg	1.2	0.0	0.1
Thiamin	mg	0.435	0.013	0.042
Riboflavin	mg	0.141	0.004	0.014
Niacin	mg	0.796	0.025	0.077
Vitamin B-6	mg	1.654	0.051	0.160
Folate, DFE	µg	47	1	5
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.67	0.02	0.06

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.4	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.249	0.008	0.024
Fatty acids, total monounsaturated	g	0.115	0.004	0.011
Fatty acids, total polyunsaturated	g	0.178	0.006	0.017
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0