

**Basic Report 11215, Garlic, raw**
**Report Date: September 23, 2019 09:20 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
<b>Proximates</b>						
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
<b>Minerals</b>						
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
<b>Vitamins</b>						
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
<b>Lipids</b>						
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
<b>Amino Acids</b>						
<b>Other</b>						
Caffeine	mg	0	0	0	0	0