National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 11215, Garlic, raw

Report Date: February 17, 2018 18:34 EST

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor:2.78 Nitrogen to Protein Conversion Factor:6.25

Refuse:13% Refuse Description: Knob and skin

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 136g	1 tsp 2.8g	1 clove 3g	3.0 cloves 9g
Proximates								
Water	g	58.58	8	0.432	79.67	1.64	1.76	5.27
Energy	kcal	149	--	--	203	4	4	13
Energy	kJ	623	--	--	847	17	19	56
Protein	g	6.36	8	0.203	8.65	0.18	0.19	0.57
Total lipid (fat)	g	0.50	1	--	0.68	0.01	0.01	0.04
Ash	g	1.50	--	--	2.04	0.04	0.04	0.14
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	8	25.131	246	5	5	16
Iron, Fe	mg	1.70	1	--	2.31	0.05	0.05	0.15
Magnesium, Mg	mg	25	8	1.049	34	1	1	2
Phosphorus, P	mg	153	8	7.945	208	4	5	14
Potassium, K	mg	401	8	25.544	545	11	12	36
Sodium, Na	mg	17	8	1.183	23	0	1	2
Zinc, Zn	mg	1.16	--	--	1.58	0.03	0.03	0.10
Copper, Cu	mg	0.299	--	--	0.407	0.008	0.009	0.027
Manganese, Mn	mg	1.672	--	--	2.274	0.047	0.050	0.150
Selenium, Se	µg	14.2	5	3.198	19.3	0.4	0.4	1.3
Vitamins								

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 136g	1 tsp 2.8g	1 clove 3g	3.0 cloves 9g
Vitamin C, total ascorbic acid	mg	31.2	11	1.645	42.4	0.9	0.9	2.8
Thiamin	mg	0.200	1	--	0.272	0.006	0.006	0.018
Riboflavin	mg	0.110	1	--	0.150	0.003	0.003	0.010
Niacin	mg	0.700	1	--	0.952	0.020	0.021	0.063
Pantothenic acid	mg	0.596	--	--	0.811	0.017	0.018	0.054
Vitamin B-6	mg	1.235	--	--	1.680	0.035	0.037	0.111
Folate, total	µg	3	--	--	4	0	0	0
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	3	--	--	4	0	0	0
Folate, DFE	µg	3	--	--	4	0	0	0
Choline, total	mg	23.2	--	--	31.6	0.6	0.7	2.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0	0	0
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta	µg	5	--	--	7	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	9	--	--	12	0	0	1
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	16	--	--	22	0	0	1
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0.11	0.00	0.00	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
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
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.002	--	--	0.003	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 136g	1 tsp 2.8g	1 clove 3g	3.0 cloves 9g
14:0	g	0.000	--	--	0.000	0.000	0.000	0.000
16:0	g	0.087	--	--	0.118	0.002	0.003	0.008
18:0	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.011	--	--	0.015	0.000	0.000	0.001
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	0.011	--	--	0.015	0.000	0.000	0.001
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.249	--	--	0.339	0.007	0.007	0.022
18:2 undifferentiated	g	0.229	--	--	0.311	0.006	0.007	0.021
18:3 undifferentiated	g	0.020	--	--	0.027	0.001	0.001	0.002
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0
Amino Acids								
Tryptophan	g	0.066	1	--	0.090	0.002	0.002	0.006
Threonine	g	0.157	1	--	0.214	0.004	0.005	0.014
Isoleucine	g	0.217	1	--	0.295	0.006	0.007	0.020
Leucine	g	0.308	1	--	0.419	0.009	0.009	0.028
Lysine	g	0.273	1	--	0.371	0.008	0.008	0.025
Methionine	g	0.076	1	--	0.103	0.002	0.002	0.007
Cystine	g	0.065	1	--	0.088	0.002	0.002	0.006
Phenylalanine	g	0.183	1	--	0.249	0.005	0.005	0.016
Tyrosine	g	0.081	1	--	0.110	0.002	0.002	0.007
Valine	g	0.291	1	--	0.396	0.008	0.009	0.026
Arginine	g	0.634	1	--	0.862	0.018	0.019	0.057
Histidine	g	0.113	1	--	0.154	0.003	0.003	0.010
Alanine	g	0.132	1	--	0.180	0.004	0.004	0.012
Aspartic acid	g	0.489	1	--	0.665	0.014	0.015	0.044

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 136g	1 tsp 2.8g	1 clove 3g	3.0 cloves 9g
Glutamic acid	g	0.805	1	--	1.095	0.023	0.024	0.072
Glycine	g	0.200	1	--	0.272	0.006	0.006	0.018
Proline	g	0.100	1	--	0.136	0.003	0.003	0.009
Serine	g	0.190	1	--	0.258	0.005	0.006	0.017
Other								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0
Flavonoids								
Flavonols								
Kaempferol [2]	mg	0.3	1	--	0.4	0.0	0.0	0.0
Myricetin [2]	mg	1.6	1	--	2.2	0.0	0.0	0.1
Quercetin [2]	mg	1.7	1	--	2.4	0.0	0.1	0.2
Isoflavones								
Daidzein [3] [4]	mg	0.01	2	--	0.01	0.00	0.00	0.00
Genistein [3] [4]	mg	0.01	2	--	0.02	0.00	0.00	0.00
Glycitein [4]	mg	0.00	1	--	0.00	0.00	0.00	0.00
Total isoflavones [3] [4]	mg	0.02	2	--	0.03	0.00	0.00	0.00
Biochanin A	mg	0.05	1	--	0.07	0.00	0.00	0.00
Formononetin	mg	0.00	2	--	0.00	0.00	0.00	0.00
Coumestrol	mg	0.00	2	--	0.00	0.00	0.00	0.00
Proanthocyanidin								
Proanthocyanidin dimers [1]	mg	0.0	1	--	0.0	0.0	0.0	0.0
Proanthocyanidin trimers [1]	mg	0.0	1	--	0.0	0.0	0.0	0.0
Proanthocyanidin 4-6mers [1]	mg	0.0	1	--	0.0	0.0	0.0	0.0
Proanthocyanidin 7-10mers [1]	mg	0.0	1	--	0.0	0.0	0.0	0.0
Proanthocyanidin polymers (>10mers) [1]	mg	0.0	1	--	0.0	0.0	0.0	0.0

[1] *Hellström, Törrönen, A.R., and Matilla, P.H.* **Proanthocyanidins in common food products of plant origin,** 2009 J. Agric. Food Chem. 57 pp.7899-7906

[2] *Kevers, C., Falkowski, M., Tabart, J., Defraigne, J-O., Dommes, J., and Pincemail, J.* **Evolution of antioxidant capacity during storage of selected fruits and vegetables,** 2007 J. Agric. Food Chem. 55 pp.8596-8603

[3] *Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M.* **Assesing phytoestrogen exposure in epidemiologic studies: development of a database (United States).,** 2000 Cancer Causes and Control 11 pp.289-298

[4] *Thompson, L. U., Boucher, B. A., Liu, Z., Cotterchio, M., and Kreiger, N.* **Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans, and coumestan.,** 2006 Nutr. Cancer 54 pp.184-201