

Full Report (All Nutrients) 45289383, BLACK GARLIC, UPC: 850643007085
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Report Date: September 23, 2019 09:36 EDT

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Nutrient	Unit	Data points	Std. Error	1 Tbsp 14g	1 Value Per100 g
Proximates					
Energy	kcal	--	--	20	143
Protein	g	--	--	0.50	3.57
Total lipid (fat)	g	--	--	1.00	7.14
Carbohydrate, by difference	g	--	--	2.00	14.29
Fiber, total dietary	g	--	--	0.5	3.6
Sugars, total	g	--	--	0.00	0.00
Minerals					
Calcium, Ca	mg	--	--	10	71
Iron, Fe	mg	--	--	0.18	1.29
Sodium, Na	mg	--	--	80	571
Vitamins					
Vitamin C, total ascorbic acid	mg	--	--	0.6	4.3
Vitamin A, IU	IU	--	--	0	0
Lipids					
Fatty acids, total saturated	g	--	--	0.000	0.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	0	0

Amino Acids
Other
Ingredients

 ORGANIC GARBANZO BEANS, WATER, ORGANIC TAHINI, ORGANIC OLIVE OIL, ORGANIC GARLIC, SEA SALT, ORGANIC LEMON JUICE, ORGANIC BLACK GARLIC, CITRIC ACID, ORGANIC BLACK PEPPER. *Date Available: 07/14/2017 Date Last Updated by Company: 07/14/2017*