

Nutritional Analysis of Dehydrated Garlic Chopped

Physical Analysis		
Size	Chopped - 3 x 5 mm	
Color	Yellowish - Brown	
Quality	Premium	
Odor	Strong Typical of fresh garlics	
Taste	Original (Typical, Spicy)	
Nutritional Analysis		
NUTRIENT	PER 100 GRAMS DRY	8G (APP. 1 TBS)
Energy (Calories)	332.00	26.56
Total Fat	0.80 g	0.06 g
Saturated Fat	0.10 g	0.01 g
Trans Fat	0.00 g	0.00 g
Total Carbohydrates	72.70 g	5.82 g
Dietary Fiber	9.90 g	0.79 g
Sugars	24.30 g	1.94 g
Protein	16.80 g	1.34 g
Cholesterol	0.00 g	0.00 g
Riboflavin	0.20 mg	0.02 mg
Niacin	0.70 mg	0.06 mg
Vitamin B-6	2.90 mg	0.23 mg
Vitamin C	18.00 mg	1.44 mg
Choline	67.50 mg	5.40 mg
Betaine	6.10 mg	0.49 mg
Calcium	80.00 mg	6.40 mg
Magnesium	58.00 mg	4.64 mg
Phosphorus	417.00 mg	33.36 mg
Potassium	1101.00 mg	88.08 mg
Sodium	26.00 mg	2.08 mg



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