

### Nutritional Analysis of Dried Ginger Whole

Physical Analysis		
Size	5 cm to 15 cm	
Color	Pale Yellow	
Quality	Premium	
Odor	Strong and Pungent Typical of fresh Ginger	
Taste	Original (Spicy)	
Nutritional Analysis		
NUTRIENT	PER 100 GRAMS DRY	8G (APP. 1 TBS)
Energy (Calories)	335.00	26.80
Total Fat	5.90 g	0.47 g
Saturated Fat	1.90 g	0.15 g
Trans Fat	0.00 g	0.00 g
Total Omega - 3 fatty acids	290 mg	23.2 mg
Total Omega - 6 fatty acids	1020 mg	81.6 mg
Total Carbohydrates	70.80 g	5.66 g
Dietary Fiber	12.50 g	1.00 g
Sugars	3.40 g	0.27 g
Protein	9.10 g	0.73 g
Cholesterol	0.00 g	0.00 g
Vitamin C	7.00 mg	0.56 mg
Vitamin E	18.00 mg	1.44 mg
Vitamin K	0.80 mcg	0.06 mcg
Choline	41.20 mg	3.30 mg
Folate	39.00 mcg	3.12 mcg
Naicin	5.20 mg	0.42 mg
Calcium	116.00 mg	9.28 mg
Magnesium	184.00 mg	14.72 mg
Phosphorus	148.00 mg	11.84 mg
Potassium	1343.00 mg	107.44 mg
Sodium	32.00 mg	2.56 mg
Zinc	4.70 mg	0.38 mg



 **Registered Office :**  
 G-15 Sahyog Complex, Nr. Citizen Guest House, Mahuva - 364290, India

 **Manufacturing Unit :**  
 R. S. No. 129P1P, Nana Jadara, Haripara Road, Mahuva - 364290, India

 +91-8980693060  
 Sales@skyagriexport.com  
 www.skyagriexport.com  
 **Skype :** skyagriexport