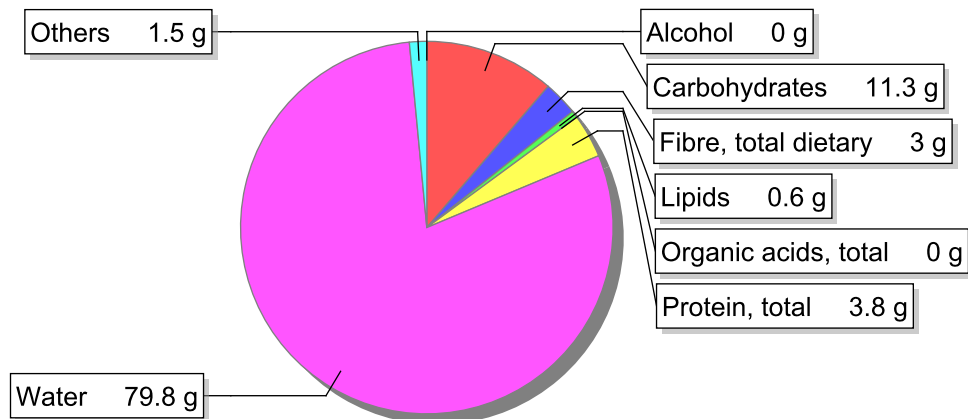


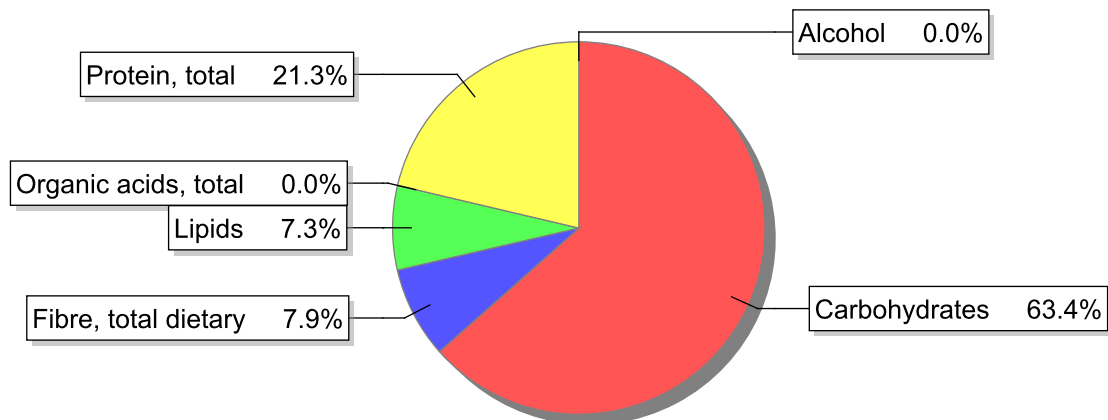
Food

Name: Garlic, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 75%
Code: IS008
FoodEX2 Code: A00GZ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	72	kcal	
energy kJ, total metabolisable	303	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0	g	
sugars, total	1.3	g	
sucrose	0.5	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	10	g	
protein, total	3.8	g	57
alcohol	0	g	
water	79.8	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	0	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	0	µg	
alpha-tocopherol	0.01	mg	
thiamin	0.21	mg	
riboflavin	0.02	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	1.4	mg	
niacin equivalents from tryptophan	0.8	mg	
vitamin B-6, total	0.38	mg	
vitamin B-12	0	µg	
vitamin C	17	mg	
folate, total	3	µg	
ash	1.00	g	
sodium	10	mg	
potassium	350	mg	
calcium	17	mg	
phosphorus	86	mg	
magnesium	17	mg	
iron, total	0.8	mg	
zinc	0.7	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB