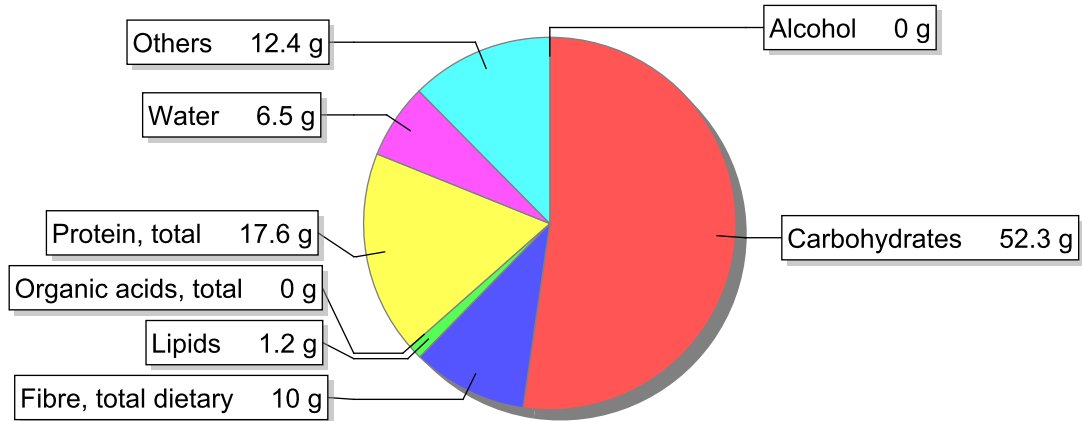


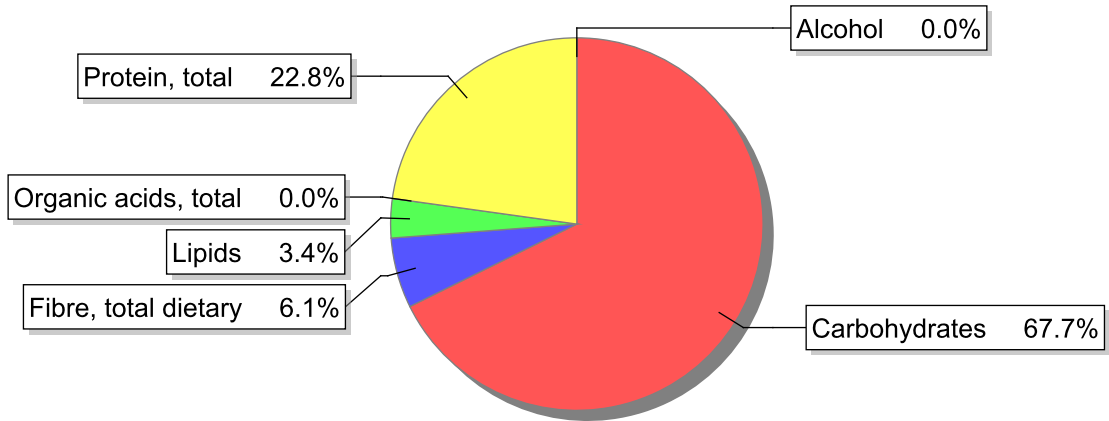
Food

Name: Garlic, powder
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS009
FoodEX2 Code: A00ZQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	310	kcal	
energy kJ, total metabolisable	1310	kJ	
fatty acids, total saturated	0.2	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.6	g	
fatty acid 18:2 n-6 cis,cis	0.6	g	
fatty acids, total trans	0	g	
sugars, total	6	g	
sucrose	2.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	10	g	
protein, total	17.6	g	
alcohol	0	g	
water	6.5	g	
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	0.03	mg	
thiamin	0.47	mg	
riboflavin	0.09	mg	
niacin, preformed	0.7	mg	
niacin equivalents, total	4.5	mg	
niacin equivalents from tryptophan	3.8	mg	
vitamin B-6, total	0.99	mg	
vitamin B-12	0	µg	
vitamin C	0	mg	
folate, total	0	µg	
ash	3.30	g	
sodium	23	mg	
potassium	1230	mg	
calcium	73	mg	
phosphorus	320	mg	
magnesium	60	mg	
iron, total	3.3	mg	
zinc	2.6	mg	

Legend

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

References