



## Nutritional Fact Sheet

Garlic

**Ingredients:** Dehydrated Garlic

**Description & Directions:** Fresh garlic is washed, sorted, peeled, and dried. For crisp texture, soak 1 part garlic with 4 parts cold water. For cooked applications, add directly to water. Rehydration ratio is about 1:4.

**Storage & Shelf-life:** Store in original container in a cool, dry location, for 24 months. You may also reseal product in a vacuum type storage bag for extended storage.

Nutrient	Per 100 Grams Dry
Calories	331.00 kcal
Protein	16.55 g
Total Carbohydrate	72.73 g
Sugars	2.43 g
Added Sugars	0.00 g
Dietary Fiber	9.00 g
Total Fat	0.73 g
Saturated Fat	0.25 g
Cholesterol	0.00 mg
Thiamin – B1	0.43 mg
Riboflavin – B2	0.14 mg
Niacin – B3	0.80 mg
Vitamin B6	1.65 mg
Vitamin C	1.20 mg
Vitamin D	0.00 mcg
Calcium	79.00 mg
Iron	5.65 mg
Phosphorus	414.00 mg
Potassium	1193.00 mg
Sodium	60.00 mg
Trans Fat	0.00 g