



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 | 10g (app. 1 Tbs) |
|---------------------|-------------------|------------------|
| Energy (Calories) | 332.00 | 33.20 |
| Total Fat | 0.76g | 0.08g |
| Saturated Fat | 0.14g | 0.01g |
| Trans Fat | 0.00g | 0.00g |
| Cholesterol | 0.00mg | 0.00mg |
| Sodium | 26.00mg | 2.60mg |
| Total Carbohydrates | 72.00g | 7.20g |
| Dietary Fiber | 9.90g | 0.99g |
| Sugars | 24.30g | 2.43g |
| Protein | 16.80g | 1.68g |
| Vitamin A (IU) | 0.00 | 0.00 |
| Thaimin-B1 | 0.47mg | 0.05mg |
| Riboflavin | 0.15mg | 0.01mg |
| Niacin | 0.69mg | 0.07mg |
| Vitamin B-6 | 2.94mg | 0.29mg |
| Vitamin C | 18.00mg | 1.80mg |
| Calcium | 80.00mg | 8.00mg |
| Iron | 2.75mg | 0.28mg |
| Phosphorus | 417.00mg | 41.70mg |
| Potassium | 1101.00mg | 110.10mg |

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