

June/2006

PROXIMATE NUTRITIONAL COMPOSITION OF SPICES
(PER 100 GRAMS)

GARLIC, SLICED

WATER*****	5.7 g
ASH*****	3.7 g
CALORIES*****	345 kcal
CALORIES/FAT*****	5 kcal
TOTAL FAT*****	0.4 g
SODIUM*****	61 mg
CARBOHYDRATE*****	75 g
DIETARY FIBER*****	21 g
PROTEIN*****	15.7 g
VITAMIN A*****	20 IU
VITAMIN C*****	2 mg
CALCIUM*****	160 mg
IRON*****	5.2 mg
TRANS FATTY ACIDS*****	0.00 mg