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## Full Report

Nutrient data for 11215. Garlic, raw

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Food Group: Vegetables and Vegetable Products

Scientific Name: Allium sativum

**Garlic, Raw**

Carbohydrate Factor: 3.84 Fat Factor: 8.37 Protein Factor: 2.78 Nitrogen to Protein Conversion Factor: 6.25

Refuse: 13% Refuse Description: Knob and skin

*Nutrient values and weights are for edible portion*

Apply Changes								
Nutrient	Unit	<input type="text" value="1"/>	# of Data Points	Std. Error	<input type="text" value="1.0"/>	<input type="text" value="1.0"/>	<input type="text" value="1.0"/>	<input type="text" value="3.0"/>
		Value per 100.0g			cup 136g	tsp 2.8g	clove 3g	cloves 9g
<b>Proximates</b>								
Water	g	58.58	8	0.432	79.67	1.64	1.76	5.27
Energy	kcal	149	--	--	203	4	4	13
Energy	kJ	623	--	--	847	17	19	56
Protein	g	6.36	8	0.203	8.65	0.18	0.19	0.57
Total lipid (fat)	g	0.50	1	--	0.68	0.01	0.02	0.04
Ash	g	1.50	--	--	2.04	0.04	0.04	0.14
Carbohydrate, by difference	g	33.06	--	--	44.96	0.93	0.99	2.98
Fiber, total dietary	g	2.1	--	--	2.9	0.1	0.1	0.2
Sugars, total	g	1.00	--	--	1.36	0.03	0.03	0.09
<b>Minerals</b>								
Calcium, Ca	mg	181	8	25.131	246	5	5	16
Iron, Fe	mg	1.70	1	--	2.31	0.05	0.05	0.15
Magnesium, Mg	mg	25	8	1.049	34	1	1	2
Phosphorus, P	mg	153	8	7.945	208	4	5	14
Potassium, K	mg	401	8	25.544	545	11	12	36
Sodium, Na	mg	17	8	1.183	23	0	1	2
Zinc, Zn	mg	1.16	--	--	1.58	0.03	0.03	0.10
Copper, Cu	mg	0.299	--	--	0.407	0.008	0.009	0.027
Manganese, Mn	mg	1.672	--	--	2.274	0.047	0.050	0.150
Selenium, Se	µg	14.2	5	3.198	19.3	0.4	0.4	1.3
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	31.2	11	1.645	42.4	0.9	0.9	2.8

Thiamin	mg	0.200	1	--	0.272	0.006	0.006	0.018
Riboflavin	mg	0.110	1	--	0.150	0.003	0.003	0.010
Niacin	mg	0.700	1	--	0.952	0.020	0.021	0.063
Pantothenic acid	mg	0.596	--	--	0.811	0.017	0.018	0.054
Vitamin B-6	mg	1.235	--	--	1.680	0.035	0.037	0.111
Folate, total	µg	3	--	--	4	0	0	0
Folic acid	µg	0	--	--	0	0	0	0
Folate, food	µg	3	--	--	4	0	0	0
Folate, DFE	mcg_DFE	3	--	--	4	0	0	0
Choline, total	mg	23.2	--	--	31.6	0.6	0.7	2.1
Vitamin B-12	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin A, RAE	mcg_RAE	0	--	--	0	0	0	0
Retinol	µg	0	--	--	0	0	0	0
Carotene, beta	µg	5	--	--	7	0	0	0
Carotene, alpha	µg	0	--	--	0	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0	0
Vitamin A, IU	IU	9	--	--	12	0	0	1
Lycopene	µg	0	--	--	0	0	0	0
Lutein + zeaxanthin	µg	16	--	--	22	0	0	1
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	0.11	0.00	0.00	0.01
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0	0.0	0.0
Vitamin D	IU	0	--	--	0	0	0	0
Vitamin K (phylloquinone)	µg	1.7	--	--	2.3	0.0	0.1	0.2
<b>Lipids</b>								
Fatty acids, total saturated	g	0.089	--	--	0.121	0.002	0.003	0.008
4:0	g	0.000	--	--	0.000	0.000	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000	0.000	0.000
10:0	g	0.002	--	--	0.003	0.000	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000	0.000	0.000
16:0	g	0.087	--	--	0.118	0.002	0.003	0.008
18:0	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.011	--	--	0.015	0.000	0.000	0.001
16:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
18:1 undifferentiated	g	0.011	--	--	0.015	0.000	0.000	0.001
20:1	g	0.000	--	--	0.000	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.249	--	--	0.339	0.007	0.007	0.022
18:2 undifferentiated	g	0.229	--	--	0.311	0.006	0.007	0.021

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18:3 undifferentiated	g	0.020	--	--	0.027	0.001	0.001	0.002
18:4	g	0.000	--	--	0.000	0.000	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000	0.000
Cholesterol	mg	0	--	--	0	0	0	0
<b>Amino Acids</b>								
Tryptophan	g	0.066	1	--	0.090	0.002	0.002	0.006
Threonine	g	0.157	1	--	0.214	0.004	0.005	0.014
Isoleucine	g	0.217	1	--	0.295	0.006	0.007	0.020
Leucine	g	0.308	1	--	0.419	0.009	0.009	0.028
Lysine	g	0.273	1	--	0.371	0.008	0.008	0.025
Methionine	g	0.076	1	--	0.103	0.002	0.002	0.007
Cystine	g	0.065	1	--	0.088	0.002	0.002	0.006
Phenylalanine	g	0.183	1	--	0.249	0.005	0.005	0.016
Tyrosine	g	0.081	1	--	0.110	0.002	0.002	0.007
Valine	g	0.291	1	--	0.396	0.008	0.009	0.026
Arginine	g	0.634	1	--	0.862	0.018	0.019	0.057
Histidine	g	0.113	1	--	0.154	0.003	0.003	0.010
Alanine	g	0.132	1	--	0.180	0.004	0.004	0.012
Aspartic acid	g	0.489	1	--	0.665	0.014	0.015	0.044
Glutamic acid	g	0.805	1	--	1.095	0.023	0.024	0.072
Glycine	g	0.200	1	--	0.272	0.006	0.006	0.018
Proline	g	0.100	1	--	0.136	0.003	0.003	0.009
Serine	g	0.190	1	--	0.258	0.005	0.006	0.017
<b>Other</b>								
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0

**LanguaL Code(s)**

- A0113 SPICE OR HERB (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1233 GARLIC
- C0240 ROOT, TUBER OR BULB, WITHOUT PEEL
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION

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