

**Nutritional Information**

Corporate: 100 Congress Street  
 Quincy, MA 02169-0948  
 USA No

Location: Bolingbrook IL

Issue Date : Jan-05-21 Brand : GARLIC, MINCED-RP  
 Prepared By : aechols Product : 91194 RP 25

<b>NUTRIENT</b>	<b>UOM</b>	<b>PER 30 g</b>	<b>% DV</b>	<b>PER 100 g</b>	<b>% DV</b>
Calories	kcal	105.73		352.44	
Beta Glucan	g				
Protein	g	4.97		16.55	
Carbohydrates	g	21.12	8%	70.39	26%
Dietary Fiber (2016)	g	2.70	10%	9.00	32%
Soluble Fiber	g				
Total Sugars	g	0.73		2.43	
Added Sugar	g	0.00	0%	0.00	0%
Total Fat	g	0.16	0%	0.52	1%
Saturated Fat	g	0.07	0%	0.24	1%
Mono Fat	g	0.03		0.11	
Poly Fat	g	0.05		0.17	
Total Trans Fatty Acids	g	0.00		0.00	
Cholesterol	mg	0.00	0%	0.00	0%
Ash	g	1.06		3.54	
Water	g	2.70		9.00	
Vitamin A - RAE	mcg	0.00	0%	0.00	0%
Vitamin B1 - Thiamin	mg	0.13	11%	0.43	36%
Vitamin B2 - Riboflavin	mg	0.04	3%	0.14	11%
Vitamin B3 - Niacin Equiv	mg	0.84	5%	2.81	18%
Vitamin B6	mg	0.50	29%	1.65	97%
Vitamin B12	mcg	0.00	0%	0.00	0%
Biotin	mcg				
Vitamin C	mg	0.36	0%	1.20	1%
Vitamin D - mcg	mcg	0.00	0%	0.00	0%
Vitamin E - Alpha-Toco	mg	0.20	1%	0.67	4%
Folate, DFE mcg	DFE	14.10	4%	47.00	12%
Folic Acid	mcg	0.00		0.00	
Folate, food	mcg	14.10		47.00	
Vitamin K	mcg	0.12	0%	0.40	0%
Pantothenic Acid	mg	0.22	0%	0.74	1%

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Calcium	mg	23.70	2%	79.00	6%
Chromium	mcg				
Copper	mg	0.16	18%	0.53	59%
Fluoride	mg				
Iodine	mcg				
Iron	mg	1.70	9%	5.65	31%
Magnesium	mg	23.10	6%	77.00	18%
Manganese	mg	0.29	13%	0.97	42%
Phosphorus	mg	124.20	10%	414.00	33%
Potassium	mg	357.90	8%	1193.00	25%
Selenium	mcg	7.17	13%	23.90	43%
Sodium	mg	18.00	1%	60.00	3%
Zinc	mg	0.90	8%	2.99	27%
Molybdenum	mcg				
Choline	mg	20.25	4%	67.50	12%
Chloride	mg				
Omega 3 Fatty Acid	g	0.00		0.01	
Omega 6 Fatty Acid	g	0.04		0.14	

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