



**Food ID:** D084

**Food name and Description:** Garlic bulb

**Scientific name:** *Allium sativum*

**Alternate/Common name(s):** Bawang ulo

**Edible portion:** 85%

## **Proximates** (Food Composition per 100g Edible Portion)

Water (g)	66.5
Energy, calculated (kcal)	129
Protein (g)	7
Total Fat (g)	0.3
Carbohydrate, total (g)	24.6
Ash, total (g)	1.6

## **Other Carbohydrate** (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.7
Sugars, total (g)	0.8

## **Minerals** (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	28
Phosphorus, P (mg)	121
Iron, Fe (mg)	1.2
Sodium, Na (mg)	10

## **Vitamins** (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.23
Riboflavin, Vitamin B2 (mg)	0.08
Niacin (mg)	0.4
Ascorbic Acid, Vitamin C (mg)	7

## **Lipids** (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.05
Fatty acids, monounsaturated, total (g)	0.01
Fatty acids, polyunsaturated, total(g)	0.15
Cholesterol (mg)	0