



# GARLIC SPREAD

## ONE HUNDRED GRAM REPORT

NUTRIENT	VALUE	UNIT
Calories	695.41	kcal
Calories from Fat	685.07	kcal
Total Fat	76.12	g
Saturated Fat	13.32	g
Trans Fat	1.90	g
Polyunsaturated Fat	31.28	g
Monounsaturated Fat	29.62	g
Cholesterol	0.00	mg
Sodium	1231.40	mg
Potassium	49.29	mg
Total Carbohydrates	2.69	g
Dietary Fiber	0.65	g
Sugars	0.00	g
Protein	0.55	g
Vitamin A	3425.41	IU
Vitamin C	0.07	mg
Calcium	4.63	mg
Iron	0.22	mg
Thiamin	0.01	mg
Riboflavin	0.01	mg
Niacin	0.04	mg
Folate	0.07	mcg
Moisture	17.35	g
Ash	3.29	g



Nutritional data provided by AIB is based solely on information provided by the client and the ingredient manufacturers.

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