

## Health benefits of Garlic

- It contains many flavonoid anti-oxidants like carotene beta, zeaxanthin, and vitamins like vitamin-C
- Strong flavoured, garlic cloves contain many noteworthy nutrients, minerals, vitamins, and antioxidants that have proven health benefits. .
- *Allicin* decreases cholesterol and blood vessel stiffness and thereby, a reduction in the total blood pressure.
- Consumption of garlic is decrease in the incidence of stomach cancer.
- An excellent source of minerals and vitamins that are essential for optimum health.
- One of the richest sources of potassium, iron, calcium, magnesium, manganese, zinc, and Selenium Which is a heart-healthy mineral, antioxidant enzymes within the body

Principle	Nutrient Value	Percentage of RDA
Energy	149 Kcal	7.5%
Carbohydrates	33.06 g	25%
Protein	6.36 g	11%
Total Fat	0.5 g	2%
Cholesterol	0 mg	0%
Dietary Fiber	2.1 g	5.5%