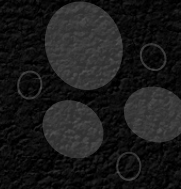


GARLIC



INGREDIENTS

Nutrients

Calories - 4 calories, Dietary Fiber - 1.2 g
Carbohydrate 0.93 g

Protein

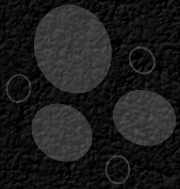
0.18g

Vitamins

Vitamin C

Minerals

Calcium, Iron
Magnesium, Potassium



USES & BENEFITS

- Garlic is a species in the onion genus and is primarily grown all around the world. The garlic exporter in India exports tonnes of garlic to various countries each year. Due to the unique taste and aroma of garlic, the garlic export from India has been on a rise. This is a good opportunity for the Indian Garlic exporter to expand his business and enter the international marketplace. The garlic export from India includes the export of various varieties of Garlic.

