



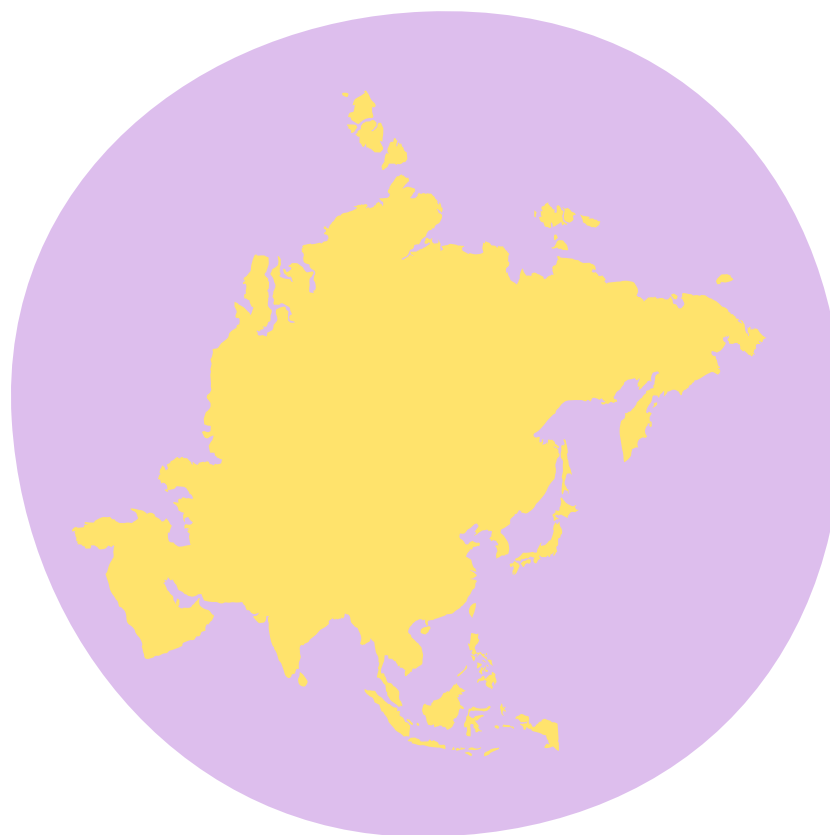
# Foodie Friday

April is **National Garlic Month!**

Let's talk about it.



There are about 450 varieties of garlic differing in size and shape.



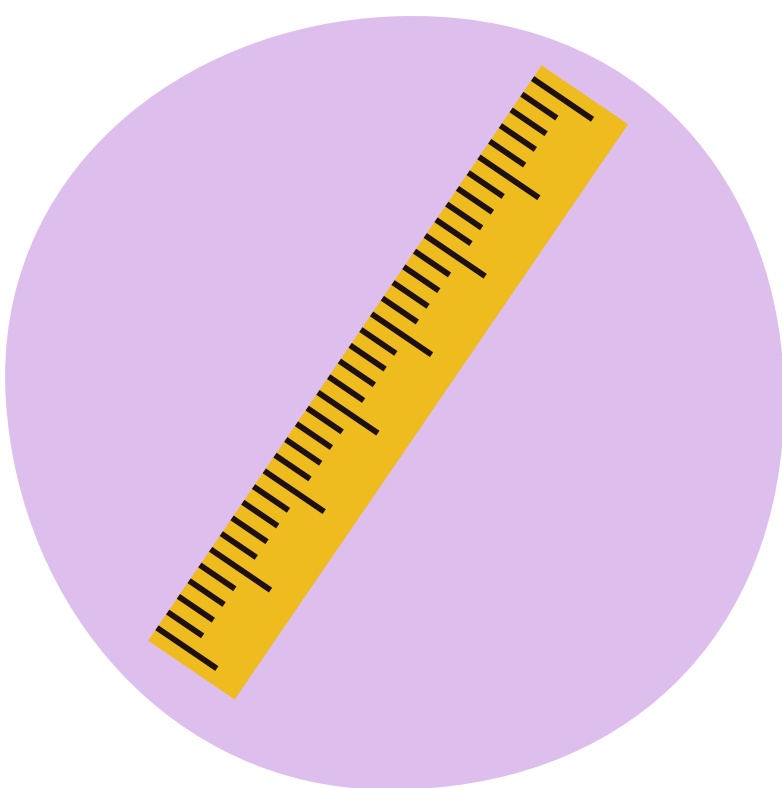
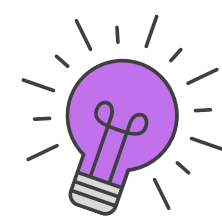
Garlic originates from Central Asia.



The garlic plant belongs to the lily family.



## DID YOU KNOW?



Garlic plants can grow up to 4 feet tall.



Garlic cultivation started approximately 4000 years ago.



In order to optimize its freshness, garlic should be stored unpeeled in a dark and dry place.

# Nutrition

## Nutrition Facts

1 servings per container

Serving size

1 Tbsp Garlic Powder (8g)

Amount Per Serving

**Calories**

**25**

% Daily Value\*

**Total Fat** 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 0mg 0%

**Total Carbohydrate** 6g 2%

Dietary Fiber < 1g 3%

Total Sugars 2g

Includes 0g Added Sugars 0%

**Protein** 1g 2%

Vitamin D 0mcg 0%

Calcium 6.6mg 0%

Iron 0.2mg 2%

Potassium 90.8mg 2%

Vitamin C 2%

Vitamin E 0%

Vitamin B6 10%

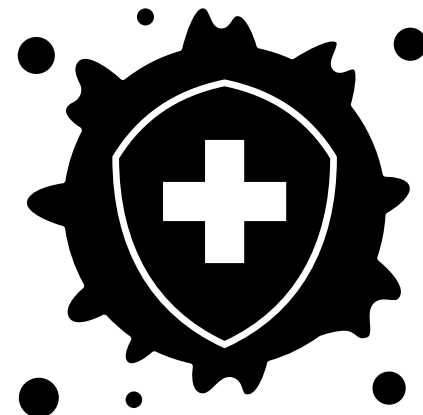
Folate 0%

Phosphorus 2%

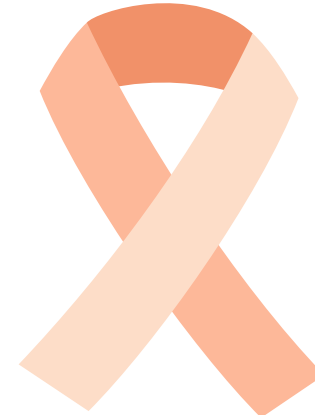
Magnesium 0%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Garlic contains antioxidants and other plant nutrients that are beneficial for the body.



immune system



Lowers cancer risk



helps with

Garlic is also an adequate source of potassium.



Regular heartbeat

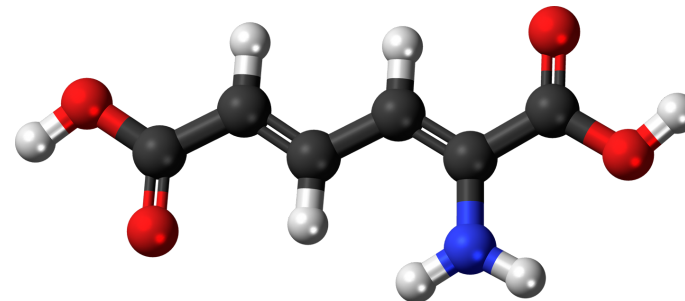


Blood pressure control



helps with

Garlic contains many vitamins as well. It is especially a good source of vitamin B6.



Supports metabolism



Boosts mood



helps with

Click on  
each name  
for the  
recipe!

## Recipes

Garlic Bread

Creamy Roasted Garlic Cauliflower Soup

Garlic Parmesan Scrambled Eggs

Lemon Garlic Chicken Thighs

Spaghetti with Oil and Garlic