



Nutrition facts

Ginger root Ginger root

Amount Per		5 slices (1" dia) (11 g)	% Daily Value*
Calories 9			
Total Fat	0.1 g		0%
Saturated fat	0 g		0%
Cholesterol	0 mg		0%
Sodium	1 mg		0%
Potassium	46 mg		1%
Total Carbohydrate	2 g		0%
Dietary fiber	0.2 g		0%
Sugar	0.2 g		
Protein	0.2 g		0%
Vitamin C	1%	Calcium	0%
Iron	0%	Vitamin D	0%
Vitamin B6	0%	Cobalamin	0%
Magnesium	1%		

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.