

## The various substances in garlic and fermented black garlic

ingredient	unit	garlic	Black garlic
protein	mg/100g	230	1226
Asparagus acid	mg/100g		850
Serine	mg/100g		308
Glutamic acid	mg/100g		1530
Glycine	mg/100g		382
histidine	mg/100g		157
arginine	mg/100g		1040
threonine	mg/100g		250
alanine	mg/100g		299
proline	mg/100g		180
tyrosine	mg/100g		314
valine	mg/100g		436
methionine	mg/100g		65.6
lysine	mg/100g		274
leucine	mg/100g		483
phenylalanine	mg/100g		298
isoleucine	mg/100g		275
cystine	mg/100g		160
y-aminobutyric acid	mg/100g		170
total content of amino acid	mg/100g	=	8021

ingredient	unit	garlic	Black garlic
Sodium	mg/100g	5	45
Magnesium	mg/100g	2.8	36
Potassium	mg/100g	4.8	56
Calcium	mg/100g	6.3	13
Iron	mg/100g	1.8	2.1
Zinc	mg/100g	0.82	1.4
(composition of nutrients in 100g of garlic and fermented black garlic)			
Calories	Kcal/100g	130	225.54
carbohydrate	g/100g	23	48.68
fat	g/100g	0.5	1.34
monosaccharide	g/100g	18.3	33.75
dietary fibre	g/100g	1.76	3.3
vitamin B1	mg/100g	0.01	0.03
grey matter	g/100g	1.43	1.63
(comparison of the antioxidant power of fermented black garlic and raw garlic)			
ingredient		garlic	Black garlic
Antioxidant activity (500 %)		6.2	64.2
Polyphenols contain quantities (mg/gaiaicid/g)		11	247

contain scales