Ginger Cubes

Nutrition Fact Sheet | Approximate values for fresh ginger, based on USDA data

Fresh ginger that has been blended or crushed and frozen into convenient portions. Add a cube to smoothies, teas and hot meals for a warm, zesty flavour.

Nutrient	Per 100 g	Per cube (about 15 g)*
Calories	80	12
Protein	1.8 g	0.3 g
Total fat	0.8 g	0.1 g
Carbohydrate	17.8 g	2.7 g
of which sugars	1.7 g	0.3 g
Dietary fiber	2.0 g	0.3 g
Potassium	415 mg (~9% DV)	62 mg (~1% DV)
Magnesium	43 mg (~10% DV)	6 mg (~2% DV)
Vitamin C	5 mg (~6% DV)	0.8 mg (~1% DV)
Vitamin B6	0.16 mg (~9% DV)	0.02 mg (~1% DV)
Manganese	0.23 mg (~10% DV)	0.03 mg (~2% DV)
Copper	0.23 mg (~26% DV)	0.03 mg (~4% DV)

Notes

- *Cube size is assumed to be about 15 g. Replace this with your actual cube weight and recalculate.
- DV = Daily Value, based on a 2,000-calorie diet.
- Values are for raw fresh ginger. If your cubes contain added water, oil, lemon or other ingredients, values will differ, so use your lab analysis or product label.
- Ginger contains gingerols, which are not measured in Daily Values. A single cube provides only small amounts of vitamins and minerals.
- This is general information, not medical advice. People taking blood thinners or other medication, or with medical conditions, should check with a healthcare professional.