

## Basic Report 11007, Artichokes, (globe or french), raw

Report Date: June 26, 2019 06:22 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 artichoke, medium 128g	1 artichoke, large 162g
<b>Proximates</b>				
Water	g	84.94	108.72	137.60
Energy	kcal	47	60	76
Protein	g	3.27	4.19	5.30
Total lipid (fat)	g	0.15	0.19	0.24
Carbohydrate, by difference	g	10.51	13.45	17.03
Fiber, total dietary	g	5.4	6.9	8.7
Sugars, total	g	0.99	1.27	1.60
<b>Minerals</b>				
Calcium, Ca	mg	44	56	71
Iron, Fe	mg	1.28	1.64	2.07
Magnesium, Mg	mg	60	77	97
Phosphorus, P	mg	90	115	146
Potassium, K	mg	370	474	599
Sodium, Na	mg	94	120	152
Zinc, Zn	mg	0.49	0.63	0.79
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	11.7	15.0	19.0
Thiamin	mg	0.072	0.092	0.117
Riboflavin	mg	0.066	0.084	0.107
Niacin	mg	1.046	1.339	1.695
Vitamin B-6	mg	0.116	0.148	0.188
Folate, DFE	µg	68	87	110
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	2
Vitamin A, IU	IU	13	17	21
Vitamin E (alpha-tocopherol)	mg	0.19	0.24	0.31

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	14.8	18.9	24.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.036	0.046	0.058
Fatty acids, total monounsaturated	g	0.005	0.006	0.008
Fatty acids, total polyunsaturated	g	0.064	0.082	0.104
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

**Amino Acids**

**Other**