

Full Report (All Nutrients) 11007, Artichokes, (globe or french), raw

Report Date: July 20, 2019 22:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:60% Refuse Description: Stem and inedible parts of bracts and flowers

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 artichoke, medium 128g	1 artichoke, large 162g
Proximates						
Water	g	84.94	15	0.540	108.72	137.60
Energy	kcal	47	--	--	60	76
Energy	kJ	197	--	--	252	319
Protein	g	3.27	11	0.170	4.19	5.30
Total lipid (fat)	g	0.15	11	0.020	0.19	0.24
Ash	g	1.13	6	0.070	1.45	1.83
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
Minerals						
Calcium, Ca	mg	44	11	2.000	56	71
Iron, Fe	mg	1.28	11	0.110	1.64	2.07
Magnesium, Mg	mg	60	11	4.000	77	97
Phosphorus, P	mg	90	11	3.000	115	146
Potassium, K	mg	370	12	19.000	474	599
Sodium, Na	mg	94	12	8.000	120	152
Zinc, Zn	mg	0.49	6	0.050	0.63	0.79
Copper, Cu	mg	0.231	6	0.128	0.296	0.374
Manganese, Mn	mg	0.256	6	0.005	0.328	0.415
Selenium, Se	µg	0.2	--	--	0.3	0.3

Vitamins

Nutrient	Unit	1	Data points	Std. Error	1 artichoke, medium	1 artichoke, large
		Value Per100 g			128g	162g
Vitamin C, total ascorbic acid	mg	11.7	11	0.400	15.0	19.0
Thiamin	mg	0.072	11	0.003	0.092	0.117
Riboflavin	mg	0.066	11	0.005	0.084	0.107
Niacin	mg	1.046	11	0.086	1.339	1.695
Pantothenic acid	mg	0.338	6	0.013	0.433	0.548
Vitamin B-6	mg	0.116	6	0.007	0.148	0.188
Folate, total	µg	68	9	2.000	87	110
Folic acid	µg	0	--	--	0	0
Folate, food	µg	68	9	2.000	87	110
Folate, DFE	µg	68	--	--	87	110
Choline, total	mg	34.4	--	--	44.0	55.7
Betaine	mg	0.2	--	--	0.3	0.3
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	--	--	1	2
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	8	--	--	10	13
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	13	--	--	17	21
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	464	--	--	594	752
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	0.24	0.31
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
Lipids						
Fatty acids, total saturated	g	0.036	--	--	0.046	0.058
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.002	1	--	0.003	0.003
14:0	g	0.002	1	--	0.003	0.003

Nutrient	Unit	1			1 artichoke, medium 128g	1 artichoke, large 162g
		Value Per100 g	Data points	Std. Error		
16:0	g	0.029	1	--	0.037	0.047
18:0	g	0.003	1	--	0.004	0.005
Fatty acids, total monounsaturated	g	0.005	--	--	0.006	0.008
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.005	1	--	0.006	0.008
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.064	--	--	0.082	0.104
18:2 undifferentiated	g	0.046	1	--	0.059	0.075
18:3 undifferentiated	g	0.017	1	--	0.022	0.028
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Flavonoids						
Flavanones						
Naringenin 1 2	mg	12.5	10	2.46	16.0	20.2
Flavones						
Apigenin 1 2 3 4	mg	7.5	25	0.81	9.6	12.1
Luteolin 1 2 4	mg	2.3	13	0.48	2.9	3.7

¹Schutz, K., Kammerer, D., Carle, R., and Schieber, A. **Identification and quantification of caffeoylquinic acids and flavonoids from artichoke (Cynara scolymus L.) heads, juice and pomace by HPLC-DAD-ESI/MSn**, 2004 J. Agric. Food Chem. 52 pp.4090-4096

²Wang, M., Simon, J.E., Aviles, I.F., He, K., Zheng, Q-Y., Tadmor, Y. **Analysis of antioxidative phenolic compounds in artichoke (Cynara scolymus L.)**, 2003 J. Agric. Food Chem. 51 pp.601-608

³Ferracane, R., Pelligrini, N., Visconti, A., Graziani, G., Chiavaro, E., Miglio, and Fogliano, V. **Effects of different cooking methods on antioxidant profile, antioxidant capacity, and physical characteristics of artichoke.**, 2008 J. Agric. Food Chem. 56 pp.8601-8608

⁴Lattanzio, V., and van Sumere, C.F. **Changes in phenolic compounds during the development and cold storage of artichoke (Cynara scolymus L.) heads.**, 1987 Food Chemistry 24 pp.37-50

Langual Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)

- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1466 ARTICHOKE
- C0162 HEART (PLANT)
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION