

Basic Report 11008, Artichokes, (globe or french), cooked, boiled, drained, without salt

Report Date: August 21, 2017 04:32 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 artichoke, medium 120g	0.5 cup hearts 84g
Proximates				
Water	g	84.08	100.90	70.63
Energy	kcal	53	64	45
Protein	g	2.89	3.47	2.43
Total lipid (fat)	g	0.34	0.41	0.29
Carbohydrate, by difference	g	11.95	14.34	10.04
Fiber, total dietary	g	5.7	6.8	4.8
Sugars, total	g	0.99	1.19	0.83
Minerals				
Calcium, Ca	mg	21	25	18
Iron, Fe	mg	0.61	0.73	0.51
Magnesium, Mg	mg	42	50	35
Phosphorus, P	mg	73	88	61
Potassium, K	mg	286	343	240
Sodium, Na	mg	60	72	50
Zinc, Zn	mg	0.40	0.48	0.34
Vitamins				
Vitamin C, total ascorbic acid	mg	7.4	8.9	6.2
Thiamin	mg	0.050	0.060	0.042
Riboflavin	mg	0.089	0.107	0.075
Niacin	mg	1.110	1.332	0.932
Vitamin B-6	mg	0.081	0.097	0.068
Folate, DFE	µg	89	107	75
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	1
Vitamin A, IU	IU	13	16	11
Vitamin E (alpha-tocopherol)	mg	0.19	0.23	0.16

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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	17.8	12.4
Lipids				
Fatty acids, total saturated	g	0.079	0.095	0.066
Fatty acids, total monounsaturated	g	0.011	0.013	0.009
Fatty acids, total polyunsaturated	g	0.145	0.174	0.122
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0