

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

Report Date: August 24, 2019 09:55 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a>	g	84.08	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Energy	kcal	53	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
Energy	kJ	220	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
Protein <a href="#">1</a>	g	2.89	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Total lipid (fat) <a href="#">1</a>	g	0.34	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Ash <a href="#">1</a>	g	0.74	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Carbohydrate, by difference	g	11.95	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
Fiber, total dietary	g	5.7	--	--	0	0	--	--	--	--	Calculated or imputed	11007	08/2015
Sugars, total <a href="#">1</a>	g	0.99	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Sucrose <a href="#">1</a>	g	0.73	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007

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Glucose (dextrose) <a href="#">1</a>	g	0.24	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fructose <a href="#">1</a>	g	0.02	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Lactose <a href="#">1</a>	g	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Maltose <a href="#">1</a>	g	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Galactose <a href="#">1</a>	g	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Starch <a href="#">1</a>	g	0.00	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	21	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Iron, Fe <a href="#">1</a>	mg	0.61	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Magnesium, Mg <a href="#">1</a>	mg	42	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Phosphorus, P <a href="#">1</a>	mg	73	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007

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Potassium, K <a href="#">1</a>	mg	286	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Sodium, Na <a href="#">1</a>	mg	60	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Zinc, Zn <a href="#">1</a>	mg	0.40	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Copper, Cu <a href="#">1</a>	mg	0.127	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Manganese, Mn <a href="#">1</a>	mg	0.225	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Selenium, Se <a href="#">1</a>	µg	0.2	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	7.4	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Thiamin <a href="#">1</a>	mg	0.050	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Riboflavin <a href="#">1</a>	mg	0.089	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Niacin <a href="#">1</a>	mg	1.110	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid <a href="#">1</a>	mg	0.240	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Vitamin B-6 <a href="#">1</a>	mg	0.081	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Folate, total <a href="#">1</a>	µg	89	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	89	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Folate, DFE	µg	89	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2007
Choline, total <a href="#">1</a>	mg	34.4	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Betaine <a href="#">1</a>	mg	0.2	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, beta <a href="#">1</a>	µg	8	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Carotene, alpha <a href="#">1</a>	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cryptoxanthin, beta <a href="#">1</a>	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin A, IU	IU	13	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Lycopene <a href="#">1</a>	µg	0	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lutein + zeaxanthin <a href="#">1</a>	µg	464	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Vitamin E (alpha-tocopherol)	mg	0.19	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) <a href="#">1</a>	µg	14.8	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
<b>Lipids</b>													
Fatty acids, total saturated	g	0.079	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2015

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
12:0	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
14:0	g	0.004	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
16:0	g	0.066	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:0	g	0.006	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total monounsaturated	g	0.011	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2015
16:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.011	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total polyunsaturated	g	0.145	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/2015
18:2 undifferentiated	g	0.105	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:3 undifferentiated	g	0.038	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007

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22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2007
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	08/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2007
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2003
<b>Flavonoids</b>													
Proanthocyanidin													
Proanthocyanidin dimers <sup>2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers <sup>2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers <sup>2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers <sup>2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) <sup>2</sup>	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5h, 2001 Beltsville MD

<sup>2</sup>Gu, L., Kelm, M.A., Hammerstone, J.F., Beecher, G., Holden, J., Haytowitz, D., Gebhardt, S., and Prior, R.L. Screening foods containing proanthocyanidins and their structural characterization using LC-MS/MS and thiolytic degradation, 2003 J. Agric. Food Chem. 51 pp.7513-7521