

## Basic Report 11009, Artichokes, (globe or french), frozen, unprepared

Report Date: June 25, 2017 02:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.33 package 84g	1 package (9 oz) 255g
<b>Proximates</b>				
Water	g	88.59	74.42	225.90
Energy	kcal	38	32	97
Protein	g	2.63	2.21	6.71
Total lipid (fat)	g	0.43	0.36	1.10
Carbohydrate, by difference	g	7.75	6.51	19.76
Fiber, total dietary	g	3.9	3.3	9.9
<b>Minerals</b>				
Calcium, Ca	mg	19	16	48
Iron, Fe	mg	0.50	0.42	1.27
Magnesium, Mg	mg	27	23	69
Phosphorus, P	mg	58	49	148
Potassium, K	mg	248	208	632
Sodium, Na	mg	47	39	120
Zinc, Zn	mg	0.32	0.27	0.82
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	5.3	4.5	13.5
Thiamin	mg	0.058	0.049	0.148
Riboflavin	mg	0.140	0.118	0.357
Niacin	mg	0.860	0.722	2.193
Vitamin B-6	mg	0.082	0.069	0.209
Folate, DFE	µg	126	106	321
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	8	7	20
Vitamin A, IU	IU	154	129	393
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0

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<b>Lipids</b>				
Fatty acids, total saturated	g	0.099	0.083	0.252
Fatty acids, total monounsaturated	g	0.012	0.010	0.031
Fatty acids, total polyunsaturated	g	0.179	0.150	0.456
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

**Amino Acids**

**Other**