

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

Report Date: August 17, 2017 23:08 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.33 package 84g	1 package (9 oz) 255g
Proximates				
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
Minerals				
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
Vitamins				
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
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Lipids				
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