

## Basic Report 11010, Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt

Report Date: February 23, 2018 19:30 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 168g	1 package (9 oz), yields 240g	0.333 package (9 oz) yields 80g
<b>Proximates</b>					
Water	g	86.50	145.32	207.60	69.20
Energy	kcal	45	76	108	36
Protein	g	3.11	5.22	7.46	2.49
Total lipid (fat)	g	0.50	0.84	1.20	0.40
Carbohydrate, by difference	g	9.18	15.42	22.03	7.34
Fiber, total dietary	g	4.6	7.7	11.0	3.7
Sugars, total	g	0.84	1.41	2.02	0.67
<b>Minerals</b>					
Calcium, Ca	mg	21	35	50	17
Iron, Fe	mg	0.56	0.94	1.34	0.45
Magnesium, Mg	mg	31	52	74	25
Phosphorus, P	mg	61	102	146	49
Potassium, K	mg	264	444	634	211
Sodium, Na	mg	53	89	127	42
Zinc, Zn	mg	0.36	0.60	0.86	0.29
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	5.0	8.4	12.0	4.0
Thiamin	mg	0.062	0.104	0.149	0.050
Riboflavin	mg	0.158	0.265	0.379	0.126
Niacin	mg	0.915	1.537	2.196	0.732
Vitamin B-6	mg	0.087	0.146	0.209	0.070
Folate, DFE	µg	119	200	286	95
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	2	2	1
Vitamin A, IU	IU	11	18	26	9
Vitamin E (alpha-tocopherol)	mg	0.16	0.27	0.38	0.13

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	12.6	21.2	30.2	10.1
<b>Lipids</b>					
Fatty acids, total saturated	g	0.119	0.200	0.286	0.095
Fatty acids, total monounsaturated	g	0.015	0.025	0.036	0.012
Fatty acids, total polyunsaturated	g	0.216	0.363	0.518	0.173
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0