

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

Report Date: November 20, 2017 10:13 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
Proximates					
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
Minerals					
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
Vitamins					
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
Lipids					
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
Amino Acids					
Other					
Caffeine	mg	0	0	0	0