

Basic Report 11007, Artichokes, (globe or french), raw
Report Date: September 21, 2019 17:36 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 artichoke, medium 128g	1 artichoke, large 162g
Proximates				
Water	g	84.94	108.72	137.60
Energy	kcal	47	60	76
Protein	g	3.27	4.19	5.30
Total lipid (fat)	g	0.15	0.19	0.24
Carbohydrate, by difference	g	10.51	13.45	17.03
Fiber, total dietary	g	5.4	6.9	8.7
Sugars, total	g	0.99	1.27	1.60
Minerals				
Calcium, Ca	mg	44	56	71
Iron, Fe	mg	1.28	1.64	2.07
Magnesium, Mg	mg	60	77	97
Phosphorus, P	mg	90	115	146
Potassium, K	mg	370	474	599
Sodium, Na	mg	94	120	152
Zinc, Zn	mg	0.49	0.63	0.79
Vitamins				
Vitamin C, total ascorbic acid	mg	11.7	15.0	19.0
Thiamin	mg	0.072	0.092	0.117
Riboflavin	mg	0.066	0.084	0.107
Niacin	mg	1.046	1.339	1.695
Vitamin B-6	mg	0.116	0.148	0.188
Folate, DFE	µg	68	87	110
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	2
Vitamin A, IU	IU	13	17	21
Vitamin E (alpha-tocopherol)	mg	0.19	0.24	0.31

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	14.8	18.9	24.0
Lipids				
Fatty acids, total saturated	g	0.036	0.046	0.058
Fatty acids, total monounsaturated	g	0.005	0.006	0.008
Fatty acids, total polyunsaturated	g	0.064	0.082	0.104
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0

Amino Acids

Other