



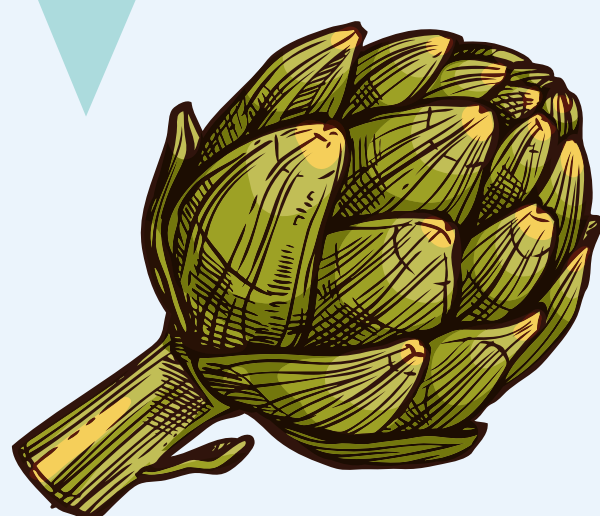
ARTICHOKE NUTRITION FACTS



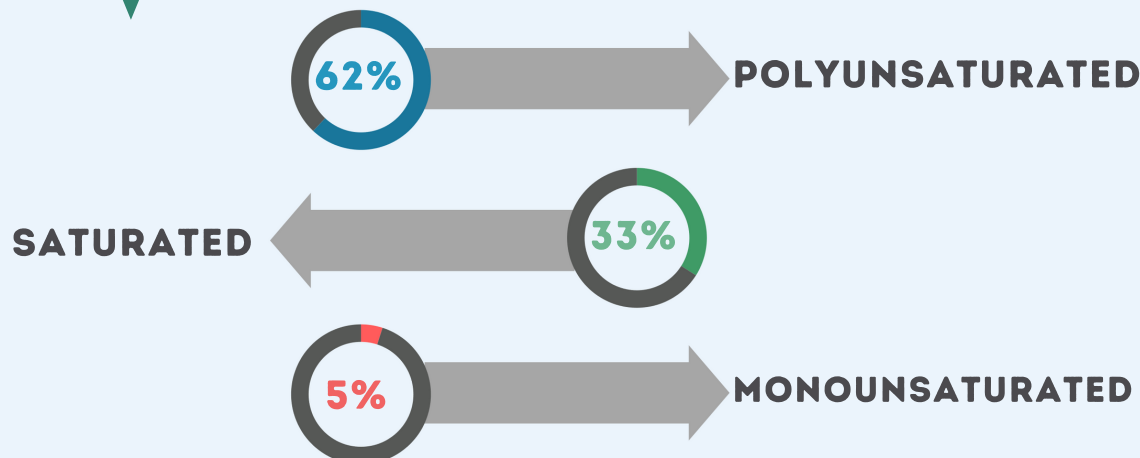
CALORIES 53/100GM

	AMOUNT
CARBOHYDRATE	11.95 G
FAT	0.34 G
PROTEIN	2.89 G
CHOLESTEROL	0.00
FIBER	5.7 G
RIBOFLAVIN	0.089 MG
SODIUM, NA	60 MG
THIAMIN	0.050 MG

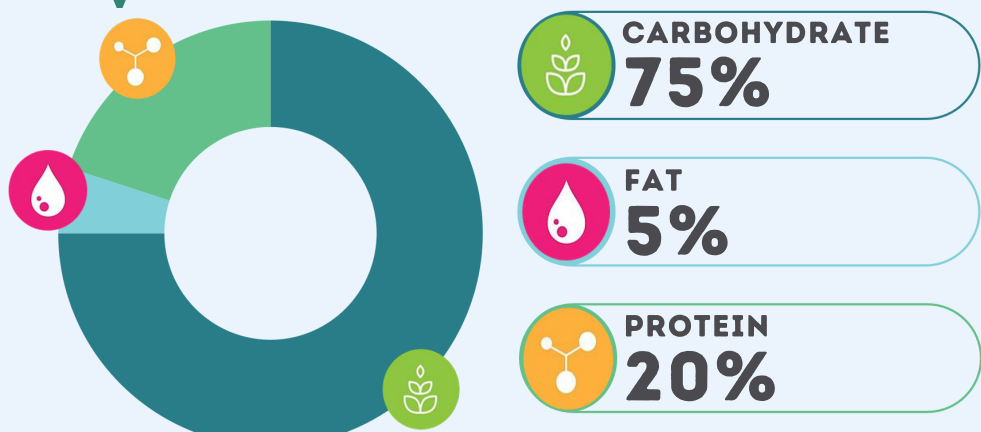
	AMOUNT
NIACIN	1.11 MG
VITAMIN A	1 MCG
VITAMIN B12	0.00
VITAMIN B6	0.081 MG
VITAMIN C	7.4 MG
VITAMIN D	0.00
FOLATE	89 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



ARTICHOKE OTHER NAMES

- CYNARA CARDUNCULUS
- HATTYCHOOK
- HATHIPICH
- FRENCH ARTICHOKE
- GREEN ARTICHOKE

MINERALS IN ARTICHOKE

21 MG	CALCIUM, CA	2 % (DV)
0.127 MG	COPPER, CU	14 % (DV)
0.61 MG	IRON, FE	3% (DV)
42 MG	MAGNESIUM, MG	10 % (DV)
0.2 MCG	SELENIUM, SE	0 % (DV)
73 MG	PHOSPHORUS, P	10 % (DV)
286 MG	POTASSIUM, K	6 % (DV)
0.40 MG	ZINC, ZN	4 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.