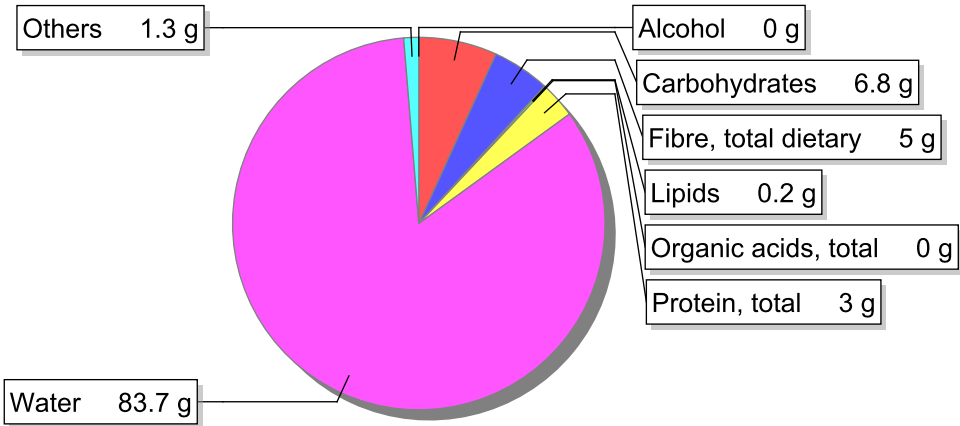


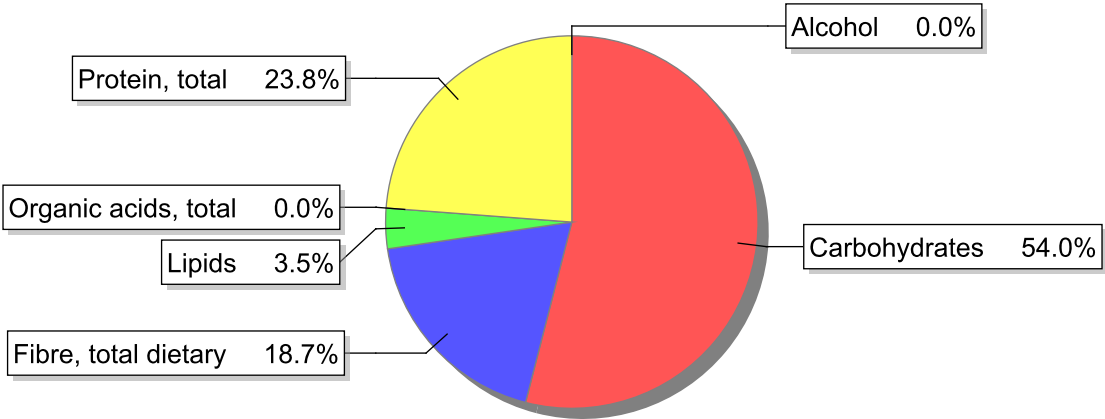
Food

Name: Artichoke, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 80%
Code: IS582
FoodEX2 Code: A00RS

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	51	kcal	
energy kJ, total metabolisable	214	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	2.7	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	5	g	
protein, total	3	g	57
alcohol	0	g	
water	83.7	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	20	µg	57
carotene, total (vitamin A precursors)	120	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.08	mg	57
riboflavin	0.03	mg	57
niacin, preformed	0.8	mg	
niacin equivalents, total	1.3	mg	
niacin equivalents from tryptophan	0.5	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	9	mg	57
folate, total	74	µg	
ash	0.85	g	
sodium	84	mg	57
potassium	350	mg	57
calcium	40	mg	57
phosphorus	90	mg	57
magnesium	49	mg	57
iron, total	1	mg	57
zinc	0.5	mg	57

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB