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Artichokes Serving Size	
Serving Size	
	,
grams	
Amount Per Serving	
C C	00
Calories	80
% Dail	y Value *
Total Fat 0 g	0%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 150 mg	7%
Total Carbohydrate 17 g	6%
Dietary Fiber 9 g	31%
Total Sugars 2 g	
Includes 0 g Added Sugars	0%
Protein 5 g	
Vitamin D 0 mcg	0%
Calcium 71 mg	6%
Iron 2 mg	10%
Potassium 600 mg	15%
*The % Daily Value (DV) tells you ho	w much
a nutrient in a serving of food contributes to a	

a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice. Allergens: Ingredients: