

Artichokes

Serving Size

1 medium artichoke (130g)

grams

Amount Per Serving

Calories **80**

	% Daily 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 how much 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:
