

**Artichokes**  
**Serving Size**

**grams**  
Amount Per Serving  
**Calories** **80**

	% Daily Value *
<b>Total Fat</b> 0 g	<b>0%</b>
Saturated Fat 0 g	<b>0%</b>
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0%</b>
<b>Sodium</b> 150 mg	<b>7%</b>
<b>Total Carbohydrate</b> 17 g	<b>6%</b>
Dietary Fiber 9 g	<b>31%</b>
Total Sugars 2 g	
Includes 0 g Added Sugars	<b>0%</b>
<b>Protein</b> 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:**