

## Health benefits of Artichoke

- Artichoke is low in calories and fat; 100 g of this flower bud just carries 47 calories. Nonetheless, it is a rich source of dietary fiber and anti-oxidants. It provides 5.4 g per 100 g, about 14% of RDA fiber. Dietary-fiber helps control constipation conditions, decreases bad or "LDL" cholesterol levels by binding to it in the intestines and help cut down colon cancer risks by preventing toxic compounds in the food from absorption.
- It is an also a good source of antioxidant compounds such as **silymarin**, **caffeic acid**, and **ferulic acid**, which help the body protect from harmful free-radical agents. Total antioxidant strength (ORAC) of artichokes (globe or french) is 6552  $\mu\text{mol TE}/100\text{ g}$ .
- It is also rich in B-complex group of vitamins such as niacin, vitamin B-6 (pyridoxine), thiamin, and pantothenic acid that are essential for optimum cellular metabolic functions.

Principle	Nutrient Value	Percentage of RDA
Energy	47 Kcal	2%
Carbohydrates	10.51 g	8%
Protein	3.27 g	6%
Total Fat	0.15 g	0.5%
Cholesterol	0 mg	0 %
Dietary Fiber	5.4 g	14%
Vitamin A	68 $\mu\text{g}$	17%
Vitamin C	11.7 mg	20%
Vitamin E	0.19 mg	1%
Vitamin K	14.8 $\mu\text{g}$	12%
Calcium	44 mg	4%
Iron	1.28 mg	16%
Magnesium	60 mg	15%
Manganese	0.256 mg	11%