



# Artichokes

## Health Benefits of Artichokes

Artichokes are green vegetables that are rich in protein and fiber. They offer nutrients with many health benefits. Fresh artichokes are usually steamed and the hearts can also be found canned or frozen.

### 1 medium steamed artichoke provides:

- 60 calories, 4 gm protein, 7 gm fiber, no fat, no cholesterol

### Potential benefits of artichokes:

- Excellent source of vitamin C for collagen production, lowers inflammation and boosts immunity and healing
- High in folate which prevents birth defects, regulates DNA and homocysteine and reduces risk of heart disease
- Provides potassium for healthy blood pressure and vitamin K for blood clotting and blood sugar regulation
- Magnesium and manganese support heart and bone health
- Inulin fiber helps lower blood sugars and cholesterol, aids in weight management and supports a healthy microbiome
- Steam fresh artichoke and enjoy leaves with dip. Use canned or frozen artichoke hearts in salad, soup, dips or as pizza topping



Brought to you by the Coos County Food and Nutrition Group, Advanced Health and OSU Extension Family and Community Health.



Oregon State  
University

