



Artichoke

Selection:

Choose artichokes with plump heads and tightly closed leaves. Avoid buying artichokes with black bruises. Pull back one leaf to check for black bruises.

Storage:

Store unwashed artichokes in a plastic bag and refrigerate for up to 1 week. For best taste and tenderness, cook as soon as possible.

Refrigerator: Up to 1 week

Use:

Rinse artichokes thoroughly before preparing. Pull off the lower petals and cut the stems to one inch or less. Cut the top quarter of each artichoke and snip off the sharp tips. Once cut, artichokes brown quickly. Serve immediately or put lemon juice on the surface to prevent browning. Artichokes can be boiled, steamed, microwaved, or sautéed.



Digital Scale:

The number on the screen = Total Weight



Hanging Scale:

The number the arrow is pointing to = Total Weight

Buying:

Artichokes can be sold individually or by the pound. If sold per pound, weigh produce to find out exactly how much it will cost. Place the number of artichokes you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

$$\text{Total Weight (lbs)} \times \text{Price} = \text{Cost of Artichoke}$$

Use this table to find the total cost.

Example: What is the total cost for 1.5 lbs of artichokes at \$1.49 per lb? **1.5 lbs x \$1.49 = \$2.24**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

Know how. Know now.

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Nutrition:

1 medium Artichoke (edible portion)

Nutrition Facts	
Serving Size 1 artichoke (56g edible portion)	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 70mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 2g	
Vitamin A 2%	Vitamin C 10%
Calcium 2%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1 medium artichoke. All artichokes are not the same size, but you can use this to estimate the nutrition content for a smaller or larger artichoke.

Recipe:

Artichokes with Garlic Dip

Preparation Time: 15 minutes

Serves 4

Cups of Vegetables per Serving: ½

Ingredients:

- 1 cup plain low-fat yogurt
- 2 cloves garlic, minced
- 1 tablespoon chopped parsley
- 1 tablespoon chopped chives
- ¼ teaspoon pepper
- 4 artichokes, prepared and cooked

Preparation:

1. In blender, combine all ingredients, except artichokes.
2. Refrigerate until serving.
3. Snap leaves off the bottoms of the artichokes, place them in a pan, and cover with water. Heat the water to a simmer and cook until tender, about 30-40 minutes. Remove center petals.
4. Serve with cooked artichokes.

Nutrition Information per Serving:

Calories 130, Total Fat 1 g, Saturated Fat 0 g, Cholesterol 5 mg, Sodium 380 mg, Carbohydrates 28 g, Dietary Fiber 11 g, Protein 11 g.

