



Canned Artichokes

Artichokes are a delicious fit for a healthy lifestyle. One large artichoke contains only 25 calories and no fat. Artichokes are a good source of vitamin C, folate, magnesium, potassium and fiber.

Nutrition Information

Artichokes are part of the vegetable group. Foods from the vegetable group provide important nutrients like vitamin A, vitamin C, potassium and fiber.

Based on MyPyramid, $\frac{1}{2}$ cup of artichokes provides $\frac{1}{2}$ cup of vegetables from the vegetable group.

A typical person should try to eat $2\frac{1}{2}$ cups of vegetables every day.



Storage

Store unopened cans in a cool, dry place off the floor.

Avoid freezing or exposure to direct sunlight. Sudden changes in temperature shorten storage time.

Store opened cans of artichokes in a tightly covered plastic container and stored in the refrigerator.

Use within 2 to 4 days!

Do not use canned artichokes if can is rusted, bulging, or dented! Throw it away!

Uses

- ✓ Chop drained artichokes and mix in with your favorite casserole or pasta dish.
- ✓ Sprinkle chopped artichokes on pizza.
- ✓ Combine with a variety of vegetables for a healthy side dish.



Recipes



Cheesy Spinach-Artichoke Dip

21 servings

1 (14 oz.) can artichoke hearts, chopped and drained	$\frac{3}{4}$ c. grated Parmesan cheese
1 (10 oz.) pkg. frozen spinach, thawed	$\frac{3}{4}$ c. low-fat milk
1 (8 oz.) pkg. cream cheese, low-fat, softened	$\frac{1}{2}$ c. onion, chopped
1 (8 oz.) carton sour cream, low-fat	$\frac{1}{2}$ c. mayonnaise low-fat
	1 T. white vinegar
	$\frac{1}{4}$ tsp. black pepper
	$\frac{1}{2}$ tsp. garlic powder (optional)

1. Place ingredients in a 3½ quart slow cooker.
2. Mix well.
3. Cover slow cooker with lid, and cook on low for 1 hour. Stir occasionally.
4. Serve warm with bread or tortilla chips.

Nutrition Information per Serving: Calories 100, Total Fat 7 g (11% DV), Saturated Fat 3 g (15% DV), Cholesterol 15 mg (5% DV), Sodium 250 mg (10% DV), Total Carbohydrate 5 g (2% DV), Dietary Fiber 1 g (4% DV), Sugars 2 g, Protein 4 g, Vitamin A 25%, Vitamin C 6%, Calcium 10%, Iron 2%.

Recipe is provide from the University of Nebraska-Lincoln Extension, Nutrition Education Program
Source: USDA <http://www.fns.usd.gov/fdd/facts/hhpfacts/hp-csfp.htm>

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