



GREEN CABBAGE NUTRITION FACTS

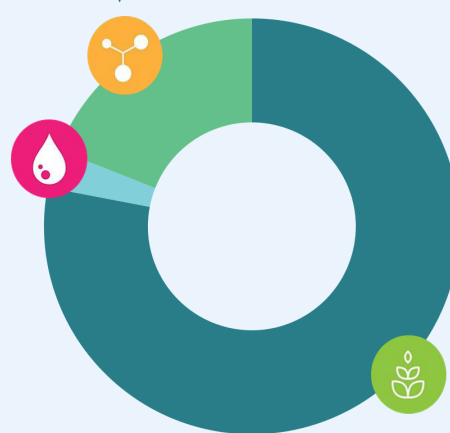


CALORIES 25/100GM

	AMOUNT		AMOUNT
CARBOHYDRATE	5.80 G	NIACIN	0.234 MG
FAT	0.10 G	VITAMIN A	5 MCG
PROTEIN	1.28 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.124 MG
FIBER	2.5 G	VITAMIN C	36.6 MG
RIBOFLAVIN	0.040 MG	VITAMIN D	0.00
SODIUM, NA	18 MG	FOLATE	43 MCG
THIAMIN	0.061 MG		



CALORIES BY SOURCE

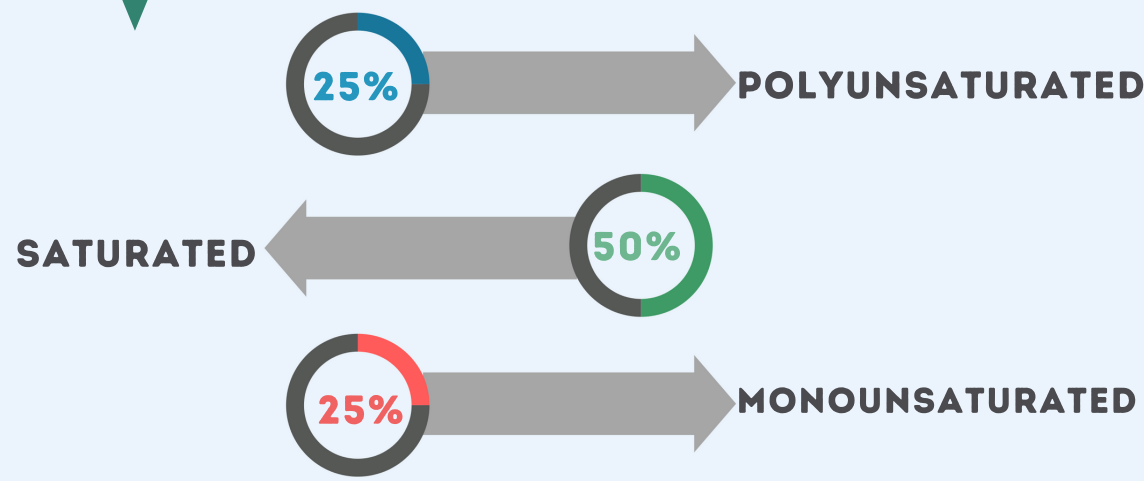


CARBOHYDRATE 78%

FAT 3%

PROTEIN 19%

FATS AND FATTY ACIDS



GREEN CABBAGE OTHER NAMES

BRASSICA OLERACEA
CANNONBALL CABBAGE
PATTA GOBI

MINERALS IN GREEN CABBAGES

40 MG	CALCIUM, CA	3 % (DV)
0.019 MG	COPPER, CU	2 % (DV)
0.47 MG	IRON, FE	3 % (DV)
12 MG	MAGNESIUM, MG	3 % (DV)
0.3 MCG	SELENIUM, SE	1 % (DV)
26 MG	PHOSPHORUS, P	4 % (DV)
170 MG	POTASSIUM, K	4 % (DV)
0.18 MG	ZINC, ZN	2 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.