



RED CABBAGE NUTRITION FACTS

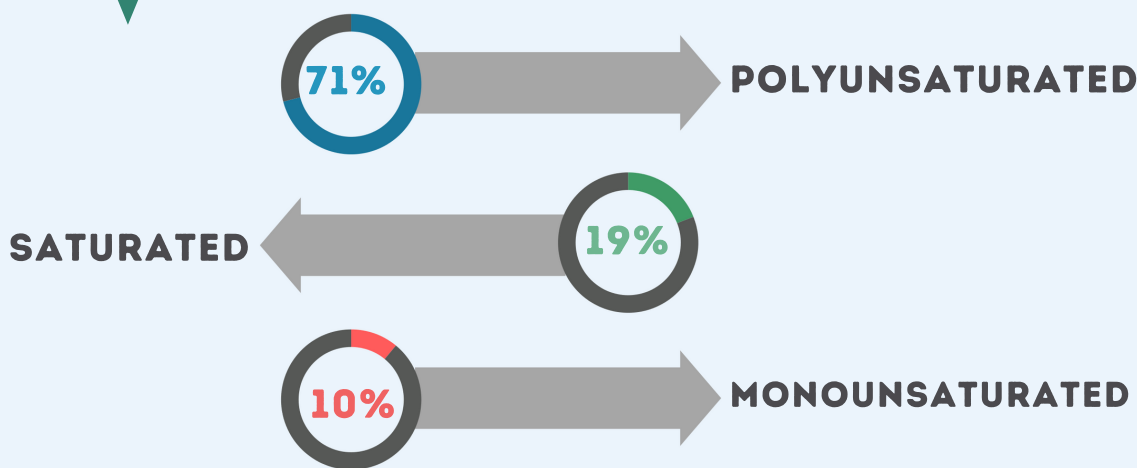


CALORIES 31/100GM

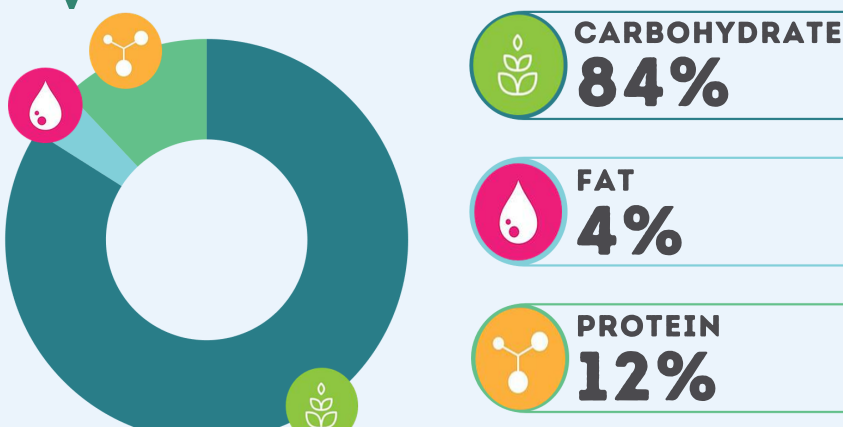
	AMOUNT		AMOUNT
CARBOHYDRATE	7.37 G	NIACIN	0.418 MG
FAT	0.16 G	VITAMIN A	56 MCG
PROTEIN	1.43 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.209 MG
FIBER	2.1 G	VITAMIN C	57 MG
RIBOFLAVIN	0.069 MG	VITAMIN D	0.00
SODIUM, NA	27 MG	FOLATE	18 MCG
THIAMIN	0.064 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



RED CABBAGE OTHER NAMES

BRASSICA OLERACEA
PURPLE CABBAGE
BLAUKRAUT

MINERALS IN RED CABBAGES

45 MG	CALCIUM, CA	3 % (DV)
0.017 MG	COPPER, CU	2 % (DV)
0.80 MG	IRON, FE	4 % (DV)
16 MG	MAGNESIUM, MG	4 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
30 MG	PHOSPHORUS, P	4 % (DV)
243 MG	POTASSIUM, K	5 % (DV)
0.22 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.