

Basic Report 11109, Cabbage, raw
Report Date: September 19, 2019 15:38 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 89g	1 cup, shredded 70g	1 head, large (about 7" dia) 1,248g	1 leaf, large 33g	1 head, medium (about 5-3/4" dia) 908g	1 leaf, medium 23g	1 head, small (about 4-1/2" dia) 714g	1 leaf 15g
Proximates										
Water	g	92.18	82.04	64.53	1150.41	30.42	836.99	21.20	658.17	13.83
Energy	kcal	25	22	18	312	8	227	6	178	4
Protein	g	1.28	1.14	0.90	15.97	0.42	11.62	0.29	9.14	0.19
Total lipid (fat)	g	0.10	0.09	0.07	1.25	0.03	0.91	0.02	0.71	0.01
Carbohydrate, by difference	g	5.80	5.16	4.06	72.38	1.91	52.66	1.33	41.41	0.87
Fiber, total dietary	g	2.5	2.2	1.8	31.2	0.8	22.7	0.6	17.9	0.4
Sugars, total	g	3.20	2.85	2.24	39.94	1.06	29.06	0.74	22.85	0.48
Minerals										
Calcium, Ca	mg	40	36	28	499	13	363	9	286	6
Iron, Fe	mg	0.47	0.42	0.33	5.87	0.16	4.27	0.11	3.36	0.07
Magnesium, Mg	mg	12	11	8	150	4	109	3	86	2
Phosphorus, P	mg	26	23	18	324	9	236	6	186	4
Potassium, K	mg	170	151	119	2122	56	1544	39	1214	26
Sodium, Na	mg	18	16	13	225	6	163	4	129	3
Zinc, Zn	mg	0.18	0.16	0.13	2.25	0.06	1.63	0.04	1.29	0.03
Vitamins										
Vitamin C, total ascorbic acid	mg	36.6	32.6	25.6	456.8	12.1	332.3	8.4	261.3	5.5
Thiamin	mg	0.061	0.054	0.043	0.761	0.020	0.554	0.014	0.436	0.009
Riboflavin	mg	0.040	0.036	0.028	0.499	0.013	0.363	0.009	0.286	0.006
Niacin	mg	0.234	0.208	0.164	2.920	0.077	2.125	0.054	1.671	0.035
Vitamin B-6	mg	0.124	0.110	0.087	1.548	0.041	1.126	0.029	0.885	0.019
Folate, DFE	µg	43	38	30	537	14	390	10	307	6
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	5	4	4	62	2	45	1	36	1
Vitamin A, IU	IU	98	87	69	1223	32	890	23	700	15
Vitamin E (alpha-tocopherol)	mg	0.15	0.13	0.10	1.87	0.05	1.36	0.03	1.07	0.02

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	76.0	67.6	53.2	948.5	25.1	690.1	17.5	542.6	11.4
Lipids										
Fatty acids, total saturated	g	0.034	0.030	0.024	0.424	0.011	0.309	0.008	0.243	0.005
Fatty acids, total monounsaturated	g	0.017	0.015	0.012	0.212	0.006	0.154	0.004	0.121	0.003
Fatty acids, total polyunsaturated	g	0.017	0.015	0.012	0.212	0.006	0.154	0.004	0.121	0.003
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0	0	0
Amino Acids										
Other										
Caffeine	mg	0	0	0	0	0	0	0	0	0