

Basic Report 11115, Cabbage, savoy, cooked, boiled, drained, without salt

Report Date: June 18, 2019 12:57 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, shredded 145g
Proximates			
Water	g	92.00	133.40
Energy	kcal	24	35
Protein	g	1.80	2.61
Total lipid (fat)	g	0.09	0.13
Carbohydrate, by difference	g	5.41	7.84
Fiber, total dietary	g	2.8	4.1
Minerals			
Calcium, Ca	mg	30	44
Iron, Fe	mg	0.38	0.55
Magnesium, Mg	mg	24	35
Phosphorus, P	mg	33	48
Potassium, K	mg	184	267
Sodium, Na	mg	24	35
Zinc, Zn	mg	0.23	0.33
Vitamins			
Vitamin C, total ascorbic acid	mg	17.0	24.6
Thiamin	mg	0.051	0.074
Riboflavin	mg	0.020	0.029
Niacin	mg	0.024	0.035
Vitamin B-6	mg	0.152	0.220
Folate, DFE	µg	46	67
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	44	64
Vitamin A, IU	IU	889	1289
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

Nutrient	Unit	1 Value Per100 g	1 cup, shredded 145g
Lipids			
Fatty acids, total saturated	g	0.012	0.017
Fatty acids, total monounsaturated	g	0.007	0.010
Fatty acids, total polyunsaturated	g	0.043	0.062
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other