

Basic Report 11119, Cabbage, chinese (pe-tsai), raw

Report Date: November 24, 2017 05:57 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, shredded 76g
Proximates			
Water	g	94.39	71.74
Energy	kcal	16	12
Protein	g	1.20	0.91
Total lipid (fat)	g	0.20	0.15
Carbohydrate, by difference	g	3.23	2.45
Fiber, total dietary	g	1.2	0.9
Sugars, total	g	1.41	1.07
Minerals			
Calcium, Ca	mg	77	59
Iron, Fe	mg	0.31	0.24
Magnesium, Mg	mg	13	10
Phosphorus, P	mg	29	22
Potassium, K	mg	238	181
Sodium, Na	mg	9	7
Zinc, Zn	mg	0.23	0.17
Vitamins			
Vitamin C, total ascorbic acid	mg	27.0	20.5
Thiamin	mg	0.040	0.030
Riboflavin	mg	0.050	0.038
Niacin	mg	0.400	0.304
Vitamin B-6	mg	0.232	0.176
Folate, DFE	µg	79	60
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	16	12
Vitamin A, IU	IU	318	242
Vitamin E (alpha-tocopherol)	mg	0.12	0.09

Nutrient	Unit	1 Value Per100 g	1 cup, shredded 76g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	42.9	32.6
Lipids			
Fatty acids, total saturated	g	0.043	0.033
Fatty acids, total monounsaturated	g	0.023	0.017
Fatty acids, total polyunsaturated	g	0.072	0.055
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0