

## Basic Report 11110, Cabbage, cooked, boiled, drained, without salt

Report Date: September 21, 2019 19:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup, shredded 75g	1 head 1,262g
<b>Proximates</b>				
Water	g	92.57	69.43	1168.23
Energy	kcal	23	17	290
Protein	g	1.27	0.95	16.03
Total lipid (fat)	g	0.06	0.04	0.76
Carbohydrate, by difference	g	5.51	4.13	69.54
Fiber, total dietary	g	1.9	1.4	24.0
Sugars, total	g	2.79	2.09	35.21
<b>Minerals</b>				
Calcium, Ca	mg	48	36	606
Iron, Fe	mg	0.17	0.13	2.15
Magnesium, Mg	mg	15	11	189
Phosphorus, P	mg	33	25	416
Potassium, K	mg	196	147	2474
Sodium, Na	mg	8	6	101
Zinc, Zn	mg	0.20	0.15	2.52
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	37.5	28.1	473.2
Thiamin	mg	0.061	0.046	0.770
Riboflavin	mg	0.038	0.029	0.480
Niacin	mg	0.248	0.186	3.130
Vitamin B-6	mg	0.112	0.084	1.413
Folate, DFE	µg	30	22	379
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	4	3	50
Vitamin A, IU	IU	80	60	1010
Vitamin E (alpha-tocopherol)	mg	0.14	0.11	1.77

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	108.7	81.5	1371.8
<b>Lipids</b>				
Fatty acids, total saturated	g	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.019	0.014	0.240
Fatty acids, total polyunsaturated	g	0.023	0.017	0.290
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0