

Cabbage

100g

Nutrition Facts	
Per 100g	
Energy	168 kJ (40 kcal)
Total Fat	0.2g
Saturated Fat	0.0g
Cholesterol	0.0mg
Sodium	3.0mg
Total Carbohydrate	8.8g
Dietary Fiber	1.8g
Sugars	2.0g
Protein	1.3g
Vitamin C	35.0mg
Vitamin K	16.0µg
Folate	20.0µg
Calcium	40.0mg
Iron	0.3mg
Zinc	0.1mg
Copper	0.02mg
Manganese	0.04mg
Selenium	0.1µg
Potassium	190.0mg
Magnesium	10.0mg
Phosphorus	20.0mg
Niacin	0.3mg
Thiamine	0.03mg
Riboflavin	0.02mg
Panthenic Acid	0.01mg
Biotin	0.01µg
Inositol	1.0mg
Choline	10.0mg
Cysteine	0.05mg
Methionine	0.02mg
Alanine	0.05mg
Valine	0.02mg
Leucine	0.02mg
Isoleucine	0.01mg
Proline	0.02mg
Serine	0.02mg
Threonine	0.01mg
Tyrosine	0.01mg
Glutamic Acid	0.05mg
Aspartic Acid	0.05mg
Glutamine	0.05mg
Asparagine	0.02mg
Arginine	0.01mg
Histidine	0.01mg
Phenylalanine	0.01mg
Lysine	0.01mg
Tryptophan	0.01mg
Glutathione	0.01mg
Glucosaminoglycans	0.01mg
Chondroitin	0.01mg
Hyaluronic Acid	0.01mg
Collagen	0.01mg
Elastin	0.01mg
Retinol	0.01µg
Vitamin A	0.01µg
Vitamin B1	0.01µg
Vitamin B2	0.01µg
Vitamin B3	0.01µg
Vitamin B5	0.01µg
Vitamin B6	0.01µg
Vitamin B9	0.01µg
Vitamin B12	0.01µg
Vitamin E	0.01µg
Vitamin K	0.01µg
Vitamin C	0.01µg
Vitamin D	0.01µg
Vitamin F	0.01µg
Vitamin H	0.01µg
Vitamin I	0.01µg
Vitamin J	0.01µg
Vitamin K	0.01µg
Vitamin L	0.01µg
Vitamin M	0.01µg
Vitamin N	0.01µg
Vitamin O	0.01µg
Vitamin P	0.01µg
Vitamin Q	0.01µg
Vitamin R	0.01µg
Vitamin S	0.01µg
Vitamin T	0.01µg
Vitamin U	0.01µg
Vitamin V	0.01µg
Vitamin W	0.01µg
Vitamin X	0.01µg
Vitamin Y	0.01µg
Vitamin Z	0.01µg