

Green Cabbage

Nutrition Facts

Serving Size: ½ cup green cabbage,
shredded (35g)

Calories 9 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 6mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 1g

Protein 1g

Vitamin A 1% Calcium 1%

Vitamin C 21% Iron 1%

Other nutrients: Vitamin K (33%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11109

Red Cabbage

Nutrition Facts

Serving Size: ½ cup cooked red
cabbage, shredded (75g)

Calories 22 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 21mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 8%

Sugars 2g

Protein 1g

Vitamin A 1% Calcium 3%

Vitamin C 43% Iron 3%

Other nutrients: Vitamin K (45%), Vitamin B6 (8%), Potassium (6%), Folate (5%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11113

Red Cabbage

Nutrition Facts

Serving Size: ½ cup red cabbage,
shredded (35g)

Calories 11 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 9mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 3%

Sugars 1g

Protein 1g

Vitamin A 8% Calcium 2%

Vitamin C 33% Iron 2%

Other nutrients: Vitamin K (17%)

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 11112