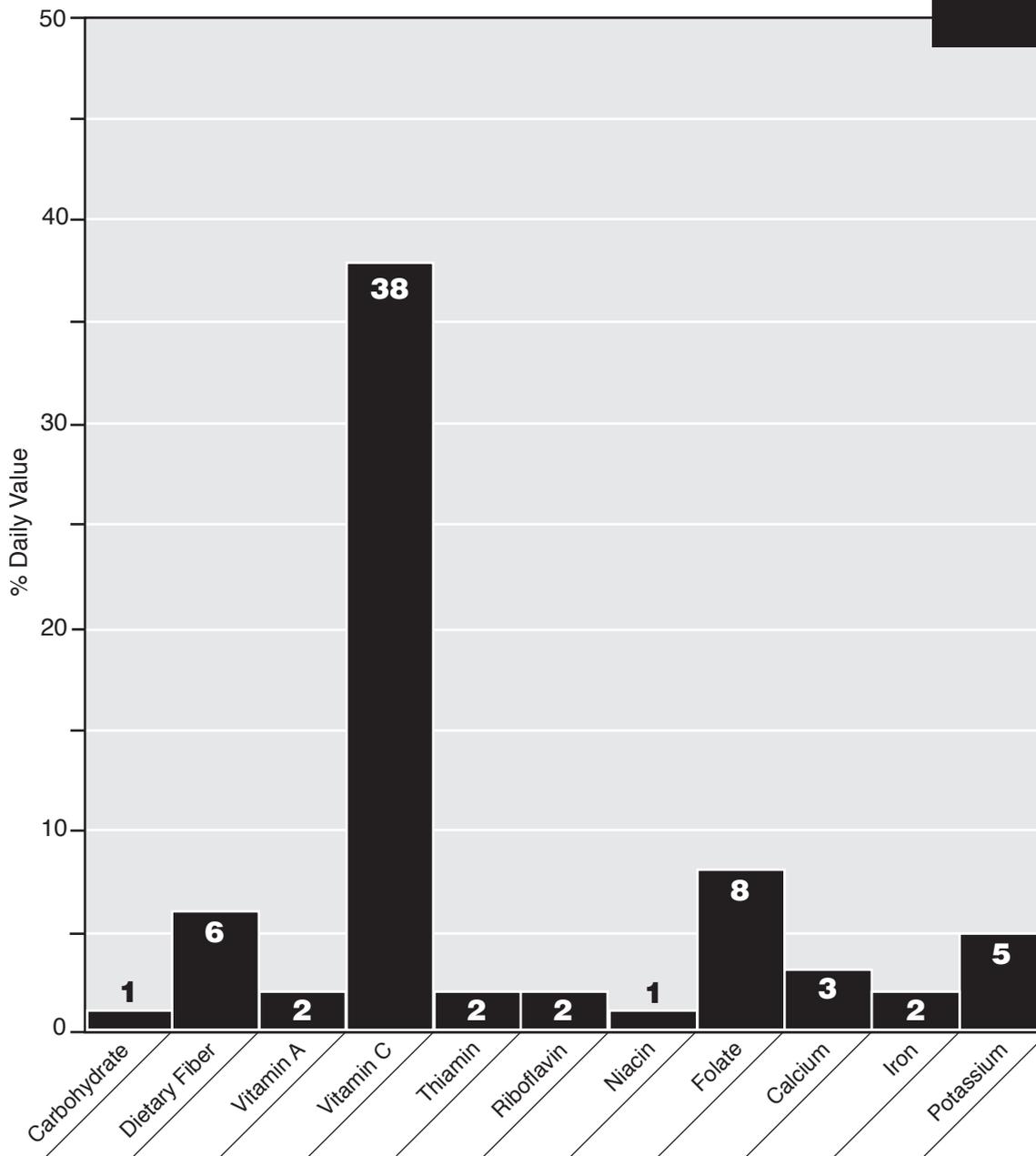


Cabbage

Brassicaceae *Brassica oleracea* L. var. *capitata* L.

(analysis based on raw green cabbage)

Pictured from left: Savoy, green, red cabbages



Serving Size

- 1 Cup Shredded
- 70 Grams
- 17 Calories
 - 4% from fat
 - 15% from protein
 - 82% from carbohydrate
- 1 Gram Protein
- 4 Grams Carbohydrate
 - 2 grams dietary fiber
- 0.1 Gram Fat
- 65 Grams Water
- 13 Milligrams Sodium

Savoy cabbage has 7 times more vitamin A than green cabbage; green cabbage has 2 times more vitamin A than red cabbage. Red cabbage has 12% more vitamin C than green cabbage; green cabbage has 18% more vitamin C than Savoy cabbage. Green cabbage has 3 times more folic acid than red cabbage. Red and green cabbages have 2 times more fiber than Savoy cabbage.

