



# Nutrition Facts

## Cabbage, raw, 1 cup, chopped

Protein (g)	1.28
Total lipid (fat) (g)	0.11
Carbohydrate, by difference (g)	4.97
Energy (kcal)	21.36
Sugars, total (g)	3.19
Fiber, total dietary (g)	2.05
Calcium, Ca (mg)	41.83
Iron, Fe (mg)	0.53
Magnesium, Mg (mg)	13.35
Phosphorus, P (mg)	20.47

Potassium, K (mg)	218.94
Sodium, Na (mg)	16.02
Zinc, Zn (mg)	0.16
Copper, Cu (mg)	0.02
Manganese, Mn (mg)	0.14
Selenium, Se (mcg)	0.8
Vitamin A, IU (IU)	152.19
Retinol (mcg)	0
Carotene, beta (mcg)	80.1
Carotene, alpha (mcg)	22.25
Vitamin E (alpha-tocopherol) (mg)	0.13
Cryptoxanthin, beta (mcg)	0
Lycopene (mcg)	0
Lutein + zeaxanthin (mcg)	275.9

Vitamin C, total ascorbic acid (mg)	28.66
Thiamin (mg)	0.04
Riboflavin (mg)	0.04
Niacin (mg)	0.27
Pantothenic acid (mg)	0.12
Vitamin B-6 (mg)	0.09
Folate, total (mcg)	38.27
Vitamin B-12 (mcg)	0
Vitamin K (phylloquinone) (mcg)	53.4
Folic acid (mcg)	0
Folate, DFE (mcg_DFE)	38.27
Cholesterol (mg)	0
Fatty acids, total saturated (g)	0.01
Fatty acids, total monounsaturated (g)	0.01

<b>Fatty acids, total polyunsaturated (g)</b>	0.05
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