

Basic Report 11112, Cabbage, red, raw
Report Date: June 18, 2017 08:31 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 89g	1 cup, shredded 70g	1 head, large (about 5-1/2" dia) 1.134g	1 leaf 23g	1 head, medium (about 5" dia) 839g	1 head, small (4" dia) 567g
Proximates								
Water	g	90.39	80.45	63.27	1025.02	20.79	758.37	512.51
Energy	kcal	31	28	22	352	7	260	176
Protein	g	1.43	1.27	1.00	16.22	0.33	12.00	8.11
Total lipid (fat)	g	0.16	0.14	0.11	1.81	0.04	1.34	0.91
Carbohydrate, by difference	g	7.37	6.56	5.16	83.58	1.70	61.83	41.79
Fiber, total dietary	g	2.1	1.9	1.5	23.8	0.5	17.6	11.9
Sugars, total	g	3.83	3.41	2.68	43.43	0.88	32.13	21.72
Minerals								
Calcium, Ca	mg	45	40	32	510	10	378	255
Iron, Fe	mg	0.80	0.71	0.56	9.07	0.18	6.71	4.54
Magnesium, Mg	mg	16	14	11	181	4	134	91
Phosphorus, P	mg	30	27	21	340	7	252	170
Potassium, K	mg	243	216	170	2756	56	2039	1378
Sodium, Na	mg	27	24	19	306	6	227	153
Zinc, Zn	mg	0.22	0.20	0.15	2.49	0.05	1.85	1.25
Vitamins								
Vitamin C, total ascorbic acid	mg	57.0	50.7	39.9	646.4	13.1	478.2	323.2
Thiamin	mg	0.064	0.057	0.045	0.726	0.015	0.537	0.363
Riboflavin	mg	0.069	0.061	0.048	0.782	0.016	0.579	0.391
Niacin	mg	0.418	0.372	0.293	4.740	0.096	3.507	2.370
Vitamin B-6	mg	0.209	0.186	0.146	2.370	0.048	1.754	1.185
Folate, DFE	µg	18	16	13	204	4	151	102
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	56	50	39	635	13	470	318
Vitamin A, IU	IU	1116	993	781	12655	257	9363	6328
Vitamin E (alpha-tocopherol)	mg	0.11	0.10	0.08	1.25	0.03	0.92	0.62

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	38.2	34.0	26.7	433.2	8.8	320.5	216.6
Lipids								
Fatty acids, total saturated	g	0.021	0.019	0.015	0.238	0.005	0.176	0.119
Fatty acids, total monounsaturated	g	0.012	0.011	0.008	0.136	0.003	0.101	0.068
Fatty acids, total polyunsaturated	g	0.080	0.071	0.056	0.907	0.018	0.671	0.454
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0	0
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0