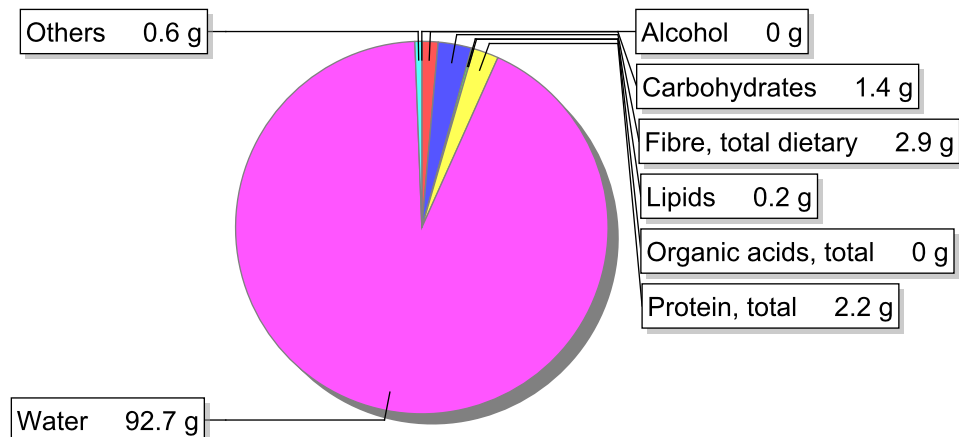


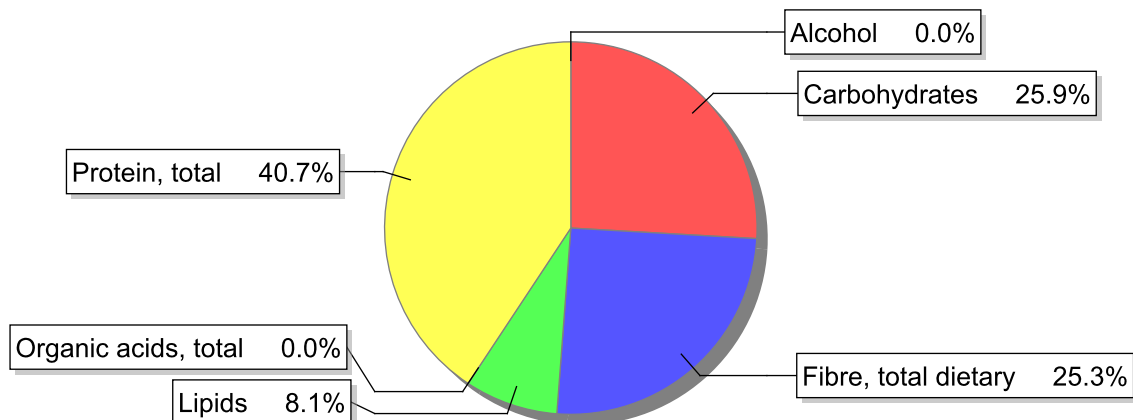
Food

Name: Cabbage, savoy, boiled
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS561
FoodEX2 Code: A00GB

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	22	kcal	
energy kJ, total metabolisable	92	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	1.3	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.3	g	
starch, total	0.1	g	
protein, total	2.2	g	
alcohol	0	g	
water	92.7	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	104	µg	
carotene, total (vitamin A precursors)	625	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.1	mg	
riboflavin	0.02	mg	
niacin, preformed	0.6	mg	
niacin equivalents, total	1	mg	
niacin equivalents from tryptophan	0.4	mg	
vitamin B-6, total	0.11	mg	
vitamin B-12	0	µg	
vitamin C	44	mg	
folate, total	70	µg	
ash	0.64	g	
sodium	100	mg	
potassium	200	mg	
calcium	46	mg	
phosphorus	57	mg	
magnesium	8	mg	
iron, total	0.4	mg	
zinc	0.2	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References