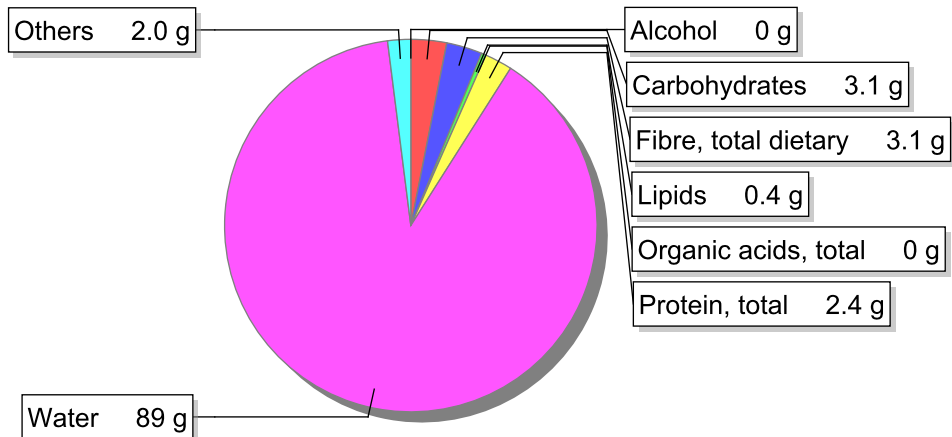


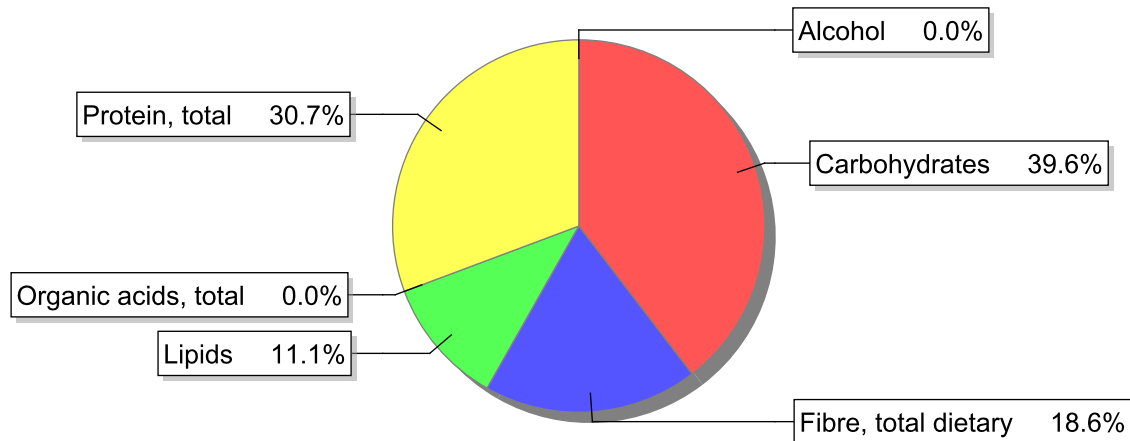
Food

Name: Cabbage, "galega", raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 55%
Code: IS558
FoodEX2 Code: A00GN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	32	kcal	
energy kJ, total metabolisable	133	kJ	
fatty acids, total saturated	0.1	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.3	g	
fatty acids, total trans	0	g	
sugars, total	2.7	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.1	g	
starch, total	0.4	g	
protein, total	2.4	g	
alcohol	0	g	
water	89	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	414	µg	
carotene, total (vitamin A precursors)	2490	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.21	mg	
riboflavin	0.11	mg	
niacin, preformed	1.5	mg	
niacin equivalents, total	2	mg	
niacin equivalents from tryptophan	0.5	mg	
vitamin B-6, total	0.15	mg	
vitamin B-12	0	µg	
vitamin C	148	mg	
folate, total	78	µg	
ash	2.20	g	
sodium	21	mg	
potassium	180	mg	
calcium	290	mg	
phosphorus	40	mg	
magnesium	18	mg	
iron, total	1	mg	
zinc	0.5	mg	

Legend

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

References