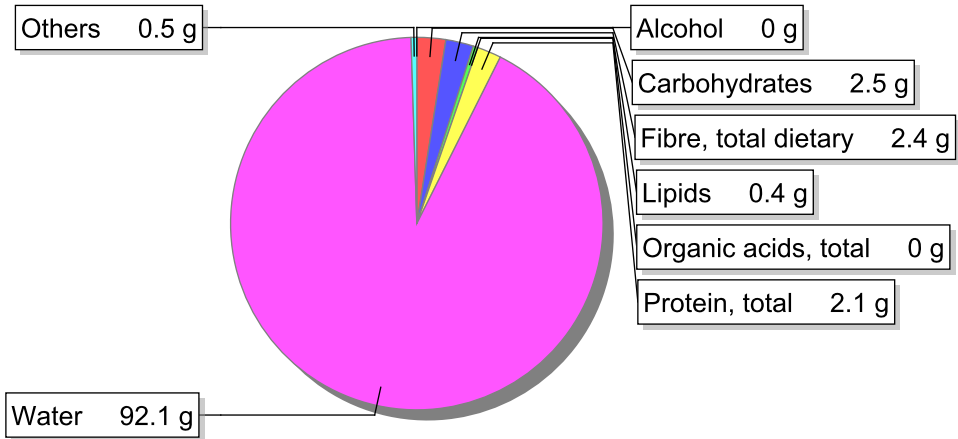


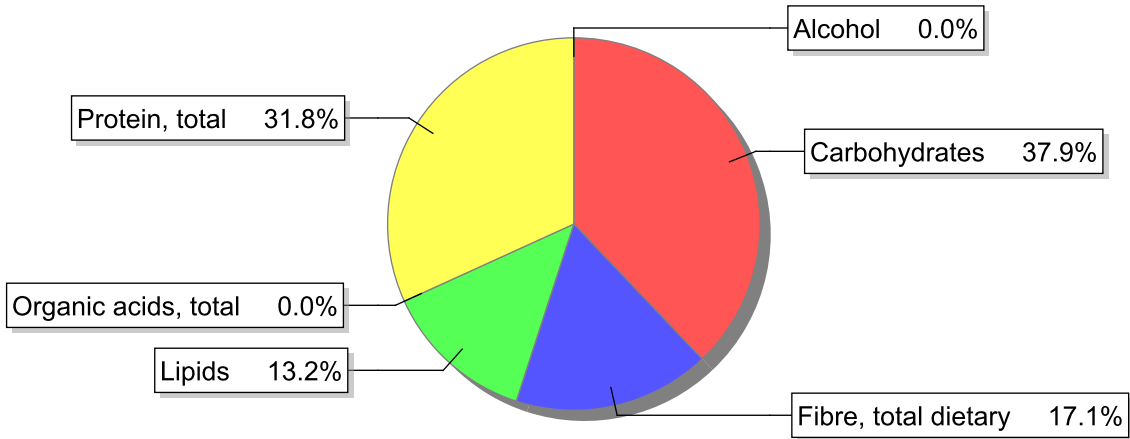
Food

Name: Cabbage, portuguese, boiled
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS563
FoodEX2 Code: A00GQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	27	kcal	
energy kJ, total metabolisable	112	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.3	g	
fatty acid 18:2 n-6 cis,cis	0.2	g	
fatty acids, total trans	0	g	
sugars, total	2.4	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.3	g	
fibre, total dietary	2.4	g	
protein, total	2.1	g	
alcohol	0	g	
water	92.1	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	207	µg	
carotene, total (vitamin A precursors)	1245	µg	
vitamin D	0	µg	
alpha-tocopherol	0.11	mg	
thiamin	0.08	mg	
riboflavin	0.05	mg	
niacin, preformed	0.5	mg	
niacin equivalents, total	0.8	mg	
niacin equivalents from tryptophan	0.3	mg	
vitamin B-6, total	0.1	mg	
vitamin B-12	0	µg	
vitamin C	58	mg	
folate, total	46	µg	
ash	0.51	g	
sodium	110	mg	
potassium	230	mg	
calcium	71	mg	
phosphorus	61	mg	
magnesium	26	mg	
iron, total	0.7	mg	
zinc	0.3	mg	

Legend

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

References

Id	Reference
1140	TDS_Iodo_INSA_LAB_2