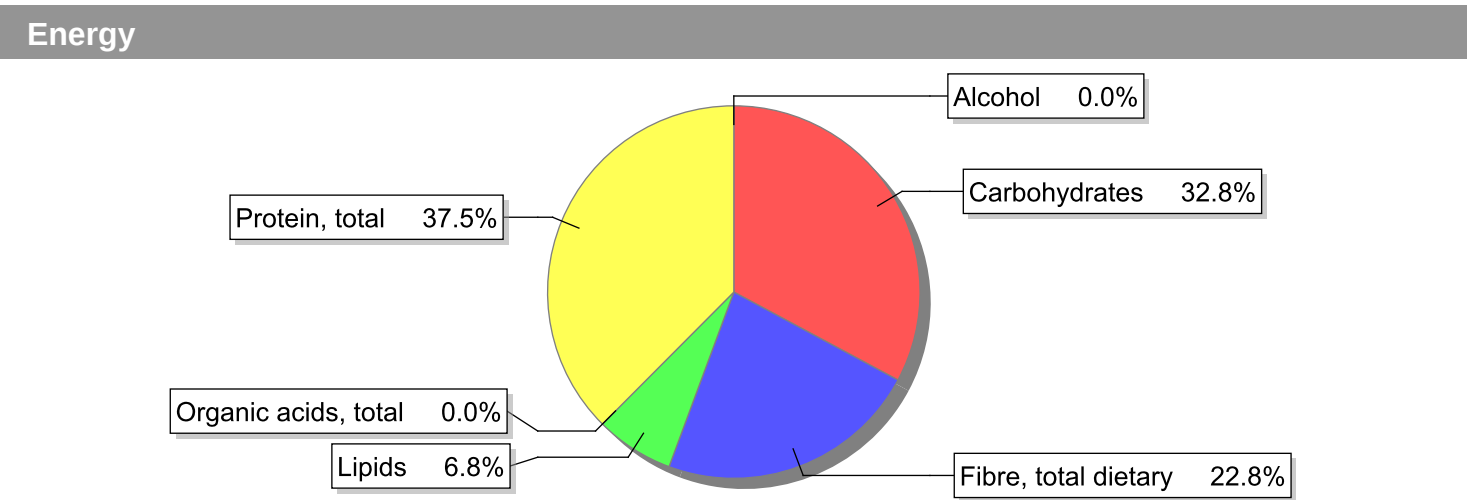
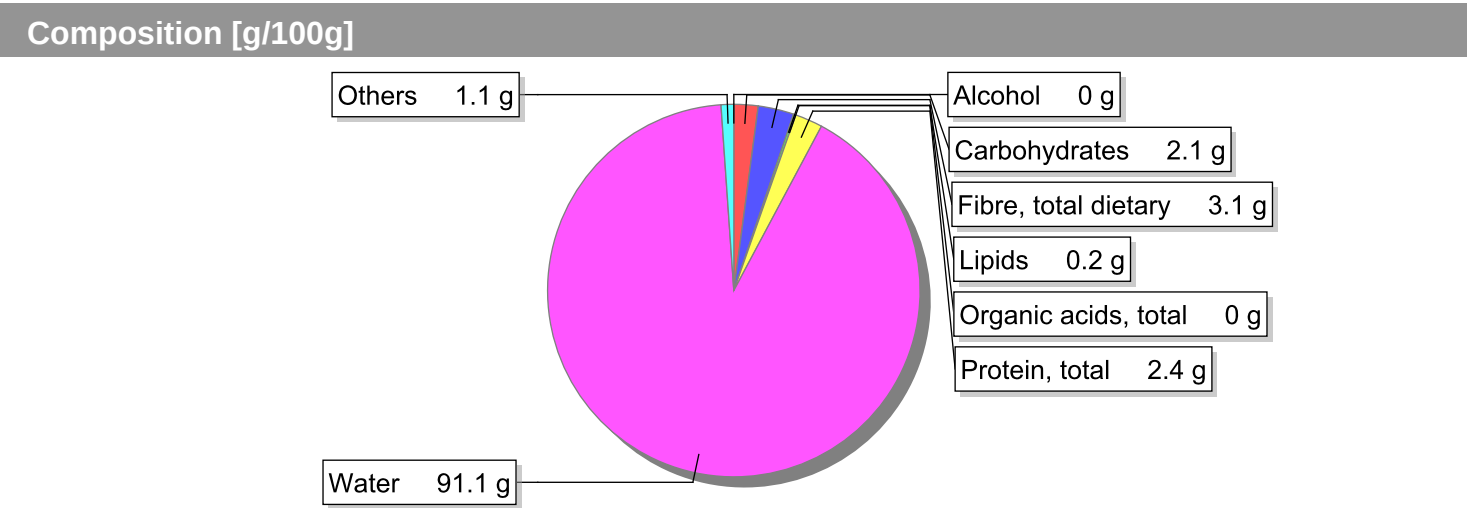


Food	
Name:	Cabbage, savoy, raw
Group:	Vegetables other than legumes
Subgroup:	Vegetables other than legumes
Edible Part:	79%
Code:	IS560
FoodEX2 Code:	A00GB



Nutritive content per 100g edible portion			
Name	Value	Unit	Source(s)
energy kcal, total metabolisable	26	kcal	
energy kJ, total metabolisable	109	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	2	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	3.1	g	
protein, total	2.4	g	
alcohol	0	g	
water	91.1	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	166	µg	
carotene, total (vitamin A precursors)	995	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.15	mg	
riboflavin	0.03	mg	
niacin, preformed	0.7	mg	
niacin equivalents, total	1.1	mg	
niacin equivalents from tryptophan	0.4	mg	
vitamin B-6, total	0.15	mg	
vitamin B-12	0	µg	
vitamin C	67	mg	
folate, total	150	µg	
ash	1.04	g	
sodium	9	mg	
potassium	250	mg	
calcium	51	mg	
phosphorus	64	mg	
magnesium	12	mg	
iron, total	0.5	mg	
zinc	0.3	mg	

Legend

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

References