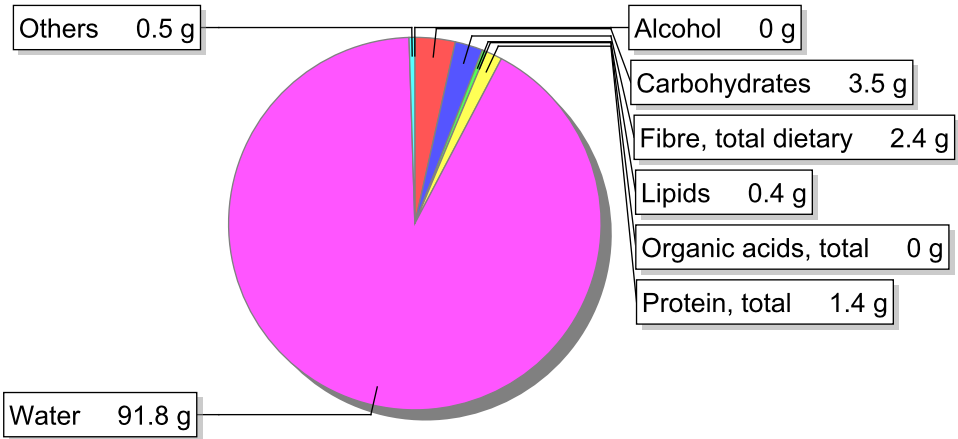


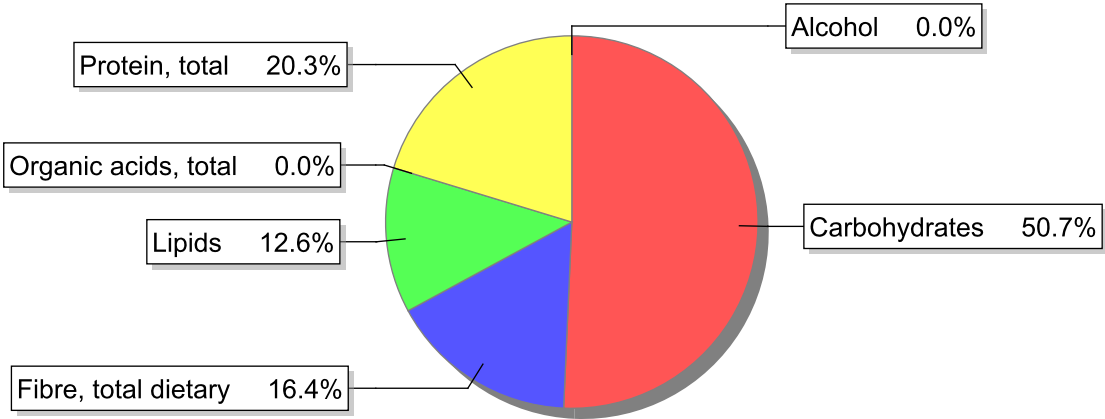
Food

Name: Cabbage, white, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 75%
Code: IS552
FoodEX2 Code: A00GC

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	28	kcal	
energy kJ, total metabolisable	117	kJ	
fatty acids, total saturated	0.1	g	57
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.2	g	57
fatty acid 18:2 n-6 cis,cis	0.1	g	57
fatty acids, total trans	0	g	
sugars, total	3.4	g	
sucrose	0.3	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0.1	g	
protein, total	1.4	g	
alcohol	0	g	
water	91.8	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	7	µg	
carotene, total (vitamin A precursors)	40	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.12	mg	
riboflavin	0.01	mg	57
niacin, preformed	0.3	mg	
niacin equivalents, total	0.6	mg	
niacin equivalents from tryptophan	0.3	mg	
vitamin B-6, total	0.18	mg	
vitamin B-12	0	µg	
vitamin C	40	mg	
folate, total	34	µg	
ash	0.50	g	
sodium	7	mg	
potassium	240	mg	
calcium	50	mg	
phosphorus	38	mg	57
magnesium	6	mg	
iron, total	0.6	mg	57
zinc	0.2	mg	57

Legend

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

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB