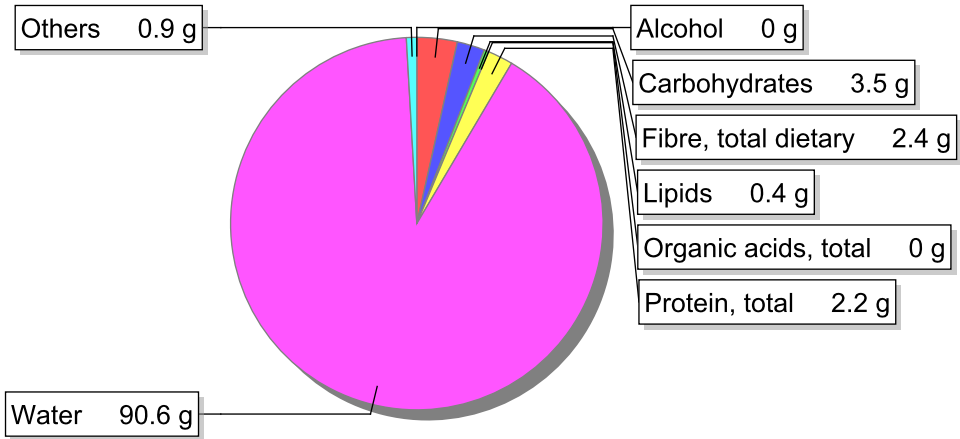


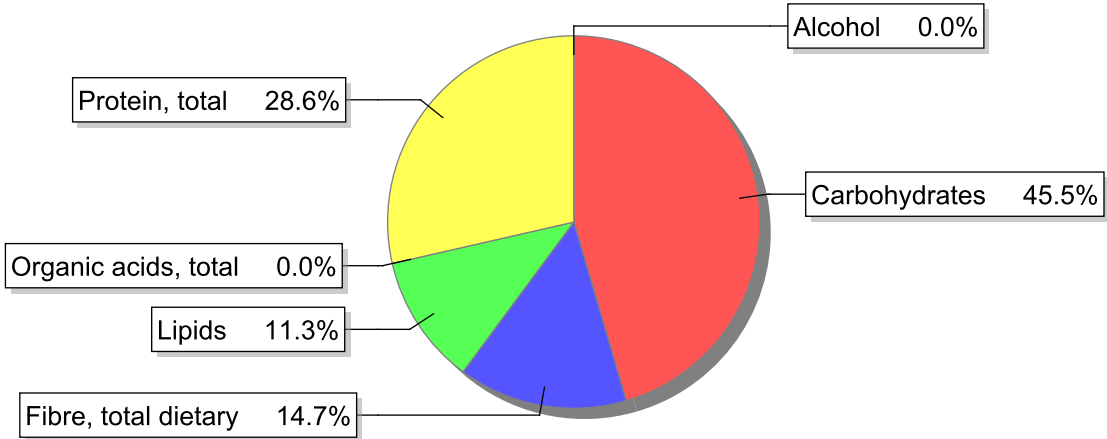
Food

Name: Cabbage, portuguese, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 75%
Code: IS562
FoodEX2 Code: A00GQ

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	31	kcal	
energy kJ, total metabolisable	131	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	3.4	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.4	g	
protein, total	2.2	g	
alcohol	0	g	
water	90.6	g	
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	233	µg	
carotene, total (vitamin A precursors)	1400	µg	
vitamin D	0	µg	
alpha-tocopherol	0.2	mg	
thiamin	0.12	mg	
riboflavin	0.06	mg	57
niacin, preformed	0.7	mg	
niacin equivalents, total	1.1	mg	
niacin equivalents from tryptophan	0.4	mg	
vitamin B-6, total	0.13	mg	
vitamin B-12	0	µg	
vitamin C	90	mg	
folate, total	78	µg	
ash	0.80	g	
sodium	15	mg	
potassium	270	mg	
calcium	76	mg	
phosphorus	65	mg	
magnesium	28	mg	
iron, total	1	mg	
zinc	0.4	mg	

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