

CABBAGE

Cabbage grows in various shades of green, as well as red and purple. Head shape varies from the standard round to flattened or pointed. Most varieties have smooth leaves, but the Savoy types have crinkly textured leaves.

Usage: Eaten raw in salads such as coleslaw, can be steamed, added to casseroles, soups, and stews.

Selection: Good quality product will be semi-solid, well-rounded and fairly heavy in relation to size. Even green coloring means good flavor and vitamin content. Cabbage with fairly thick and pliable leaves will be more tender and juicy.

Avoid: Avoid cabbage that has thin, wilted leaves which are a sign of old cabbage. Oblong and cracked heads mean poor quality from growing conditions.

Storage: Store cabbage in an air tight bag or container in the refrigerator for a week.

Nutrition Facts

Serving Size 1/2 cup shred cabbage
Servings Per Container

Amount Per Serving

Calories 10 Calories from Fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 5mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 1g

Protein 0g

Vitamin A 0% • Vitamin C 20%

Calcium 2% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories: 2,000	2,500
Total Fat	Less than 65g	80g
Saturated Fat	Less than 20g	25g
Cholesterol	Less than 300mg	300 mg
Sodium	Less than 2,400mg	2,400mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

