

Nutrition Facts

Cabbage

Serving size (100g)

Amount Per Serving

Calories

25

www.ihcare.ae

% Daily Value*

Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	2%
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.47mg	2%
Potassium 0mg	0%
Vitamin A 29.4mcg	0%
Vitamin C 36.6mg	40%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.