



Harvest of the Month

Cabbages

Nutrition Facts

Serving Size: 1 cup raw savoy cabbage, shredded (70g)

Calories 19

Calories from Fat 1

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 9%

Sugars 2g

Protein 1g

Vitamin A 14%

Calcium 2%

Vitamin C 36%

Iron 2%

Source: www.nutritiondata.com

