

RED & GREEN CABBAGE



Red cabbage is sometimes called purple cabbage. Can you name other purple colored vegetables?

PRODUCE PARTICULARS



Cabbage is from the family Cruciferae. The family name comes from the Latin word meaning cross, because the flowers are cross-shaped.



Cabbage is associated with several cultural dishes, among them: Irish, Russian, and Chinese.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 15

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 10mg 0%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.2mg 2%

Potassium 80mg 2%

* 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.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Cabbage, Raw, Cabbage, Red

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