

Republic of the Philippines **Department of Science and Technology** FOOD AND NUTRITION RESEARCH INSTITUTE

General Santos Avenue, Bicutan, Taguig City, Philippines



Food ID: D036

Food name and Description: Cabbage, green, boiled Scientific name: Brassica oleracea var. capitata Alternate/Common name(s): Repolyo, berde, nilaga Edible portion: 100%

### Proximates (Food Composition per 100g Edible Portion)

Water (g)	94
Energy, calculated (kcal)	23
Protein (g)	0.6
Total Fat (g)	0.1
Carbohydrate, total (g)	5
Ash, total (g)	0.3

#### Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.5
Sugars, total (g)	2.3

# Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	34
Phosphorus, P (mg)	12
Iron, Fe (mg)	0.3
Sodium, Na (mg)	6

### Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (μg)	0
beta-Carotene (µg)	25
Retinol Activity Equivalent, RAE (µg)	2
Thiamin, Vitamin B1 (mg)	0.02
Riboflavin, Vitamin B2 (mg)	0.03
Niacin (mg)	0.1
Ascorbic Acid, Vitamin C (mg)	15

## Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g	0
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.04
Cholesterol (mg)	0

DOST-FNRI. Philippine Food Composition Table Online Database (PhilFCT) Release 1 December 2019 Report Date 08/14/2025 15:00:15