

**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