



Food ID: D054

Food name and Description: Chinese cabbage

Scientific name: *Brassica pekinensis*

Alternate/Common name(s): Pechay Baguio/Napa cabbage

Edible portion: 94%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	94.4
Energy, calculated (kcal)	21
Protein (g)	1.7
Total Fat (g)	0.3
Carbohydrate, total (g)	2.9
Ash, total (g)	0.7

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.2
Sugars, total (g)	1.4

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	120
Phosphorus, P (mg)	33
Iron, Fe (mg)	0.5
Sodium, Na (mg)	9

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	540
Retinol Activity Equivalent, RAE (µg)	45
Thiamin, Vitamin B1 (mg)	0.06
Riboflavin, Vitamin B2 (mg)	0.09
Niacin (mg)	0.8
Ascorbic Acid, Vitamin C (mg)	34

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.06
Fatty acids, monounsaturated, total (g)	0.03
Fatty acids, polyunsaturated, total(g)	0.11
Cholesterol (mg)	0