

- Nutrients in cabbage**
- 21 Calories, 1 gram protein, 5 grams fiber, 0 fat, no cholesterol
 - One cup of raw or 1/2 cup cooked cabbage provides:
 - Vitamins C, K, B6, folate and thiamin; Minerals calcium, magnesium, iron and potassium. Cabbage has more vitamin C than oranges
 - Cabbage is high in sulforaphane, an enzyme known to fight cancer
 - Cabbage, used in making sauerkraut, provides active bacteria that keep the digestive tract healthy
 - Can be eaten raw, steamed, roasted, baked, boiled or fermented

The Health Benefits of Cabbage



Cabbage comes in 4 varieties: Red, Green, Napa and Savoy. All are from the cruciferous or Brassica family which has properties that protect against cancer, diabetes and heart disease.

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