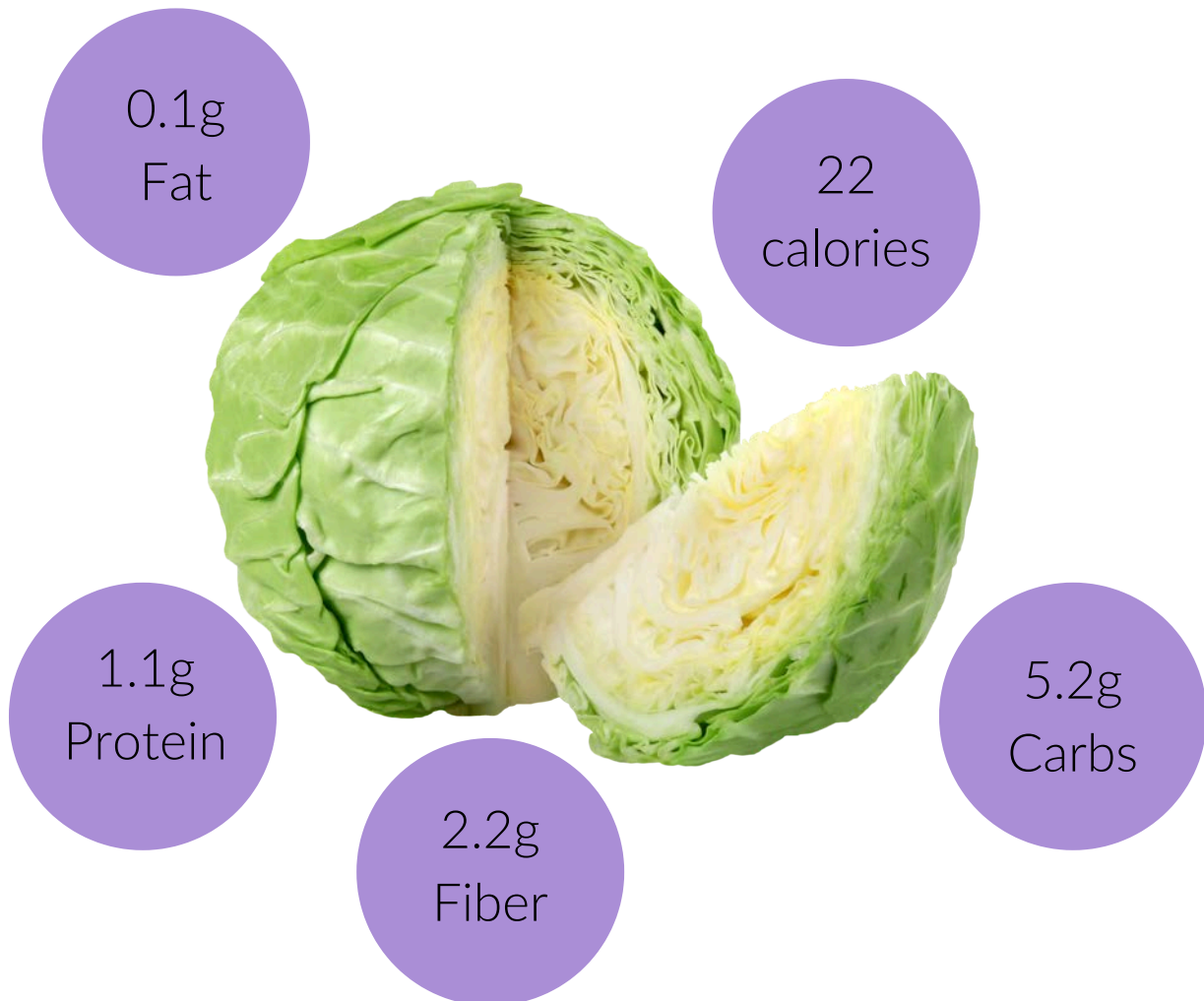


Cabbage Nutrition Facts



One cup of raw cabbage (89g) provides 22 calories, 5.2 grams of carbohydrates, 2.2 grams of fiber, 1.1 grams of protein, 0.1 grams of fat, and 16 mg of sodium. Cabbage is a low-calorie and nutrient-rich vegetable. It contains vitamin C, vitamin A, vitamin K, potassium, calcium, manganese, and magnesium.

- Calories: 22
- Fat: 0.1g
- Carbohydrate: 5.2g
- Fiber: 2.2g
- Sodium: 16mg
- Protein: 1.1g

Cabbage Health Benefits

Promotes Heart Health

Cabbage is a good source of fiber and potassium, key nutrients for heart health. Fiber helps bring down cholesterol levels and potassium lowers blood pressure.



Supports Brain Health

The nutrients in cabbage help optimize blood flow to the brain, which helps to maintain strong cognitive functions.



Protects Vision

Cabbage contains antioxidants that prevent oxidative damage associated with blindness and age-related macular degeneration.



Helps Manage Diabetes

Cabbage is low in carbohydrates and high in fiber, which helps keep blood sugars stable, preventing highs and lows.

