

10 Quick Recipes & Facts About Cabbage!



- 1. Many types of cabbage:** Of course, most of us know about green & purple cabbage, but there are lots of other kinds, too! Keep an eye out for bok choy, napa & savoy.
- 2. In salads, stir-fries & slaws:** Slice or chop cabbage leaves & add to salads, stir-fries & slaws for added nutrition & crunch.
- 3. Vitamin C:** The vitamins C in cabbage helps us stay healthy by supporting our immune systems by preventing colds & other infections.
- 4. Cabbage & egg:** Slice cabbage into thin ribbons & stir-fry in a little bit of cooking oil over high heat until tender & crispy in some spots. Stir in a sprinkle of soy sauce or tamari. Meanwhile, prepare an egg your favorite way (scrambled, fried, poached, etc.). Top cabbage with egg & add a little hot sauce & sesame or sunflower seeds, if you're like. You can't find a faster, more simple or less expensive meal!
- 5. Fantastic folate:** Cabbage is a very good source of folate, which helps with our body's tissue & cell production.
- 6. Oven roasted cabbage:** Heat oven to 400°. Cut cabbage head into 1" slices, spray with a little cooking oil & sprinkle with salt & pepper. Roast on a baking sheet for about 30 minutes, until tender & crispy on the edges, flipping halfway through.
- 7. Fabulous fiber:** The fiber in cabbage can aid digestion, help clear out excess cholesterol & other toxins from our bodies & promote feelings of fullness.
- 8. Wrap it up:** Use raw or blanched cabbage leaves as a wrap for salads & sandwich fillings.
- 9. Simply steamed:** Quarter a head of cabbage & steam for 8-10 minutes until tender, turning once. Serve with a small amount of butter & salt & pepper, or vinegar & a sprinkle of Parmesan cheese.
- 10. Vitamin K:** Cabbage's vitamin K promotes bone strength & health

See other side for another recipe & complete cabbage nutrition facts... 

Simple Slaw

Ingredients

- 3 cups thinly shredded cabbage
- 3 TBS oil or mayonnaise
- 1 TBS vinegar
- 1 TBS sugar (or honey)
- 1/2 tsp garlic powder
- 1 tsp poppy seeds (optional)
- Salt & pepper

Directions

1. Combine oil, vinegar, sugar & garlic powder in a small container with a tight lid & shake until sugar is dissolved. Stir in poppy seeds
2. Pour dressing over cabbage & toss until well coated. Salt & pepper to taste.



Cabbage Nutrition

Nutritional data & images courtesy of NutritionData.com

1/2 cup shredded, cooked

Nutrition Facts	
Serving Size 1/2 cup, shredded 75g (75 g)	
Amount Per Serving	
Calories 17	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	6%
Sugars 2g	
Protein 1g	
Vitamin A 1%	Vitamin C 47%
Calcium 4%	Iron 1%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4
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1 cup chopped, raw

Nutrition Facts	
Serving Size 1 cup, chopped 89g (89 g)	
Amount Per Serving	
Calories 22	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 16mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 1g	
Vitamin A 2%	Vitamin C 54%
Calcium 4%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
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