



A nutrition Fact Sheet



Cabbage

Nutrition Facts

One-half cup of cabbage provides about 45% of the daily recommended amount of vitamin C.

Buying and Storing

Buying: Look for solid, heavy heads of cabbage. Avoid cabbage that has discolored veins or worm damage. Avoid precut cabbage; the leaves may have already lost their vitamin C. Look for stems that are healthy looking, closely trimmed, and are not dry or split.

Storing: Keep cabbage cold. This helps it retain its vitamin C content. Place the whole head of cabbage in a plastic bag and store in the refrigerator. Once the head has been cut, place the remainder in plastic bags and put in the refrigerator. Try to use the remaining cabbage in the next day or two.

Preparing and Cooking

Preparing: Clean cabbage by removing the outer layer of leaves. Cut the cabbage head in quarters and then rinse under cold running water. Do not wash cabbage until you are ready to use it. Avoid slicing or shredding cabbage in advance. This will cause it to lose some of its vitamin C content. If you must prepare it an hour or more in advance before cooking, place it in a plastic bag, seal tightly, and refrigerate.

Boiling: Wash and cut cabbage into quarters or large wedges. Add about ½ inch of water into a large saucepan and bring to a boil. Add cabbage and continue boiling uncovered, until the pieces are tender, about 8 to 11 minutes.

Steaming: Cut cabbage head into 4 wedges. Remove the core from each wedge. Place one inch of water in a pot and insert a steamer basket. Put in the cabbage wedges with one cut side down. Steam for 6 minutes, flip over and steam for another 6-8 minutes or until crisp-tender. Do not overcook.

Baking: Preheat oven to 400°F. Cut cabbage into 1 inch thick rounds and place on baking sheet. Brush lightly with oil. Season with salt and pepper. Roast until cabbage is tender and edges are golden, about 40-45 minutes.

Ways to Enjoy

- Cabbage can be steamed, baked, or eaten raw.
- Cut up any type of cabbage, drizzle it with lemon juice, and add a little salt for a mid-day snack.
- Toss some thinly sliced cabbage into pasta sauce.
- Add cabbage to soups, stews, and stir fries.
- Add extra crunch to salads, soups, wraps, or sandwiches by topping them off with thinly sliced raw cabbage.

Contact Us

Visit www.buyeatlivebetter.org
for more information.

Cabbage Stir Fry

Yield: 6 servings • Serving Size: 1 cup

- 1 Tablespoon vegetable oil
- 1 small head cabbage, chopped
- 1 cup chopped onion
- 2-4 cloves garlic, chopped
- 2 medium green or red peppers, chopped
- 2-4 Tablespoons low sodium soy sauce

1. Wash peppers and cabbage before chopping.
2. Heat oil in a large skillet.
3. Add onions, peppers, cabbage, and garlic to skillet and cook over medium heat until vegetables are tender.
4. Add soy sauce and stir until sauce boils.

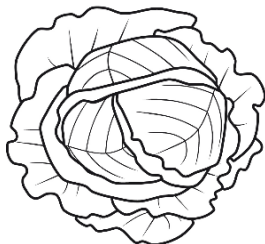
Recipe courtesy of Eating Smart • Being Active Cookbook.

Crunchy Cabbage Salad

Yield: 8 servings • Serving Size: ¾ cup

- 16 ounces shredded fresh cabbage (about ½ head of cabbage or 4 cups)
- 2 cups of mixed vegetables and/or fruits, such as chopped peppers, onions, or celery; shredded or diced carrots; frozen peas (thawed); pineapple chunks or mandarin oranges (drained); cantaloupe chunks, cherry tomatoes, or grapes (halved)
- ½ cup light or low calorie dressing.
- Nuts or raisins (optional)

1. Wash cabbage by putting in a colander, spraying with water, and letting it drain.
2. Add the other vegetables and/or fruits.
3. Stir in the dressing.
4. Serve right away or cover and refrigerate until serving. If desired, top each serving with a few chopped nuts or raisins.



Nutrition Facts

6 servings per container	
Serving size	1 cup (189g)
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 11g	4%
Dietary Fiber 4g	14%
Total Sugars 2g	
Includes 0g Added Sugars 0%	
Protein 2g	
Vitamin D 0mcg	0%
Calcium 65mg	6%
Iron 1mg	6%
Potassium 392mg	8%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts

8 servings per container	
Serving size	¾ cup (105g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
<i>Trans Fat</i> 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 7g	3%
Dietary Fiber 2g	7%
Total Sugars 4g	
Includes 0g Added Sugars 0%	
Protein 1g	
Vitamin D 0mcg	0%
Calcium 31mg	2%
Iron 0mg	0%
Potassium 166mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition Facts label shows nutrients for:
 16 ounces shredded cabbage
 ½ cup chopped green pepper
 ½ cup chopped onion
 ½ cup diced celery
 ½ cup grated carrot
 ½ cup light ranch salad dressing

 Find us on
Facebook
www.facebook.com/buyeatlivebetter


www.pinterest.com/buyeatlive

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact the Montana Public Assistance Helpline at 1-888-706-1535 or www.apply.mt.gov. Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

USDA and Montana State University are equal opportunity providers and employers.