

# Nutrition Facts

Serving size 1/8 cabbage head

Amount Per Serving

**Calories** **130**

% Daily Value\*

**Total Fat** 9g **12%**

Saturated Fat 2g **10%**

*Trans* Fat 0g

Polyunsaturated Fat 0.8g

Monounsaturated Fat 5.5g

**Cholesterol** 5mg **2%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 11g **4%**

Dietary Fiber 4g **14%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

**Protein** 4g **8%**

Vitamin D 0mcg **0%**

Calcium 121mg **10%**

Iron 0.8mg **4%**

Potassium 292mg **6%**

\*The % Daily Value (DV) 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.