NEP Nutrition Education Program

University of Nebraska Lincoln EXTENSION

Cabbage

Selection:

Choose cabbage with solid, heavy heads. Avoid cabbage that has discolored veins or worm damage.

Storage:

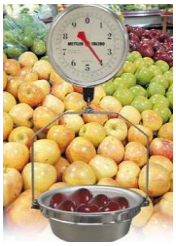
Store unwashed cabbage in a plastic bag in refrigerator for up to 1 week. Once cut, place the remainder in a plastic bag in the refrigerator. Use the remaining cabbage in 1 to 2 days

Refrigerator (uncut): Up to 1 week
Refrigerator (cut): 1 to 2 days

Use:

Rinse cabbage thoroughly before preparing. Remove outer leaves of cabbage. Cut cabbage into shreds or wedges. Only cut what you will use, and refrigerate the rest for later use. Cabbage can be eaten raw or cooked.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the amount of cabbage you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Cabbage

Use this table to find the total cost.
Example: What is the total cost for 1.5 lbs of cabbage at $0.99 per lb? **1.5 lbs x $0.99 = $1.49**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

IANR

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Nutrition:

1¼ cup shredded Cabbage

Nutrition Facts	
Serving Size 1/12 medium head (84g)	
Amount Per Serving	
Calories 25	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 0%	Vitamin C 70%
Calcium 4%	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for 1¼ cup of shredded cabbage. All cabbage are not the same size, but you can use this to estimate the nutrition content for smaller or larger cabbage.

Recipe:

California Coleslaw

Preparation Time: 20 minutes
Serves 4
Cups of Vegetables per Serving: 1

Ingredients:

3 cups green cabbage, shredded
½ cup raisins
½ cup carrots, shredded
¼ cup green onions, sliced
⅓ cup plain, low-fat yogurt
1 tablespoon light mayonnaise
1 teaspoon Dijon mustard
¼ teaspoon dried dill
½ teaspoon salt
¼ teaspoon pepper

Preparation:

1.) In a medium bowl, combine cabbage, raisins, carrots, and green onions.
2.) In a small bowl, combine yogurt, mayonnaise, mustard, dill, salt, and pepper. Blend well.
3.) Pour the dressing over the salad.
4.) Toss and serve.

Nutrition Information per Serving:
Calories 101, Total Fat 1.7 g, Saturated Fat 0.4 g, Cholesterol 3 mg, Sodium 373 mg, Carbohydrates 21 g, Dietary Fiber 3 g, Protein 3 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.