

Cabbage



Rich in phyto-nutrient anti-oxidants, this cool season leafy vegetable belongs to the "Brassica" family, a broad family of common vegetables that also include brussels sprouts, cauliflower, bok choy, kale, and broccoli. It is one of the widely cultivated crops around the world. Cabbage structurally consists of clusters of stiff leaves superimposed in compact layers, allowing it to acquire round or globular shape vegetable. Several varieties of cabbage cultivated worldwide including green, purple, red, and savoy (loose-wrinkled leaves).

Health benefits of cabbage

- Fresh, dark green-leafy cabbage is incredibly nutritious; but very low in fat and calories. 100 g of leaves provide just 25 calories.
- The vegetable helps protect against breast, colon, and prostate cancers and help reduce LDL or "bad cholesterol" levels in the blood.
- Fresh cabbage is an excellent source of natural antioxidant, vitamin C, vitamin B-5, vitamin B-6 and vitamin B-1.
- It also contains minerals like potassium, manganese, iron, and magnesium.
- Cabbage is a very good source of vitamin K, which gives you healthy bones.