

CABBAGE

INDIAN CABBAGE EXPORTERS

- Cabbage is a highly nutritious leafy vegetable. Used in several cuisines across the world, the indian cabbage exporter is increasing exports year after year. Cabbage export from India has now thus become a good source of revenue for many exporters. With the numerous benefits, one gets from consuming cabbage and its increasing use in various fields, cabbage import from India is bound to grow in the coming years.



CABBAGE

INGREDIENTS

Nutrients

Calories - 25, Carbohydrates - 6g
Dietary Fibre - 2.5 g

Minerals

Thiamin, Calcium, Iron, Magnesium
Phosphorous, Potassium

Vitamins

Vitamin C, Vitamin K, Vitamin B6

Protein

1.3g

Fats

0.1g