# CABBAGE

## DID YOU KNOW?

There are many types of cabbage including green, red, & savoy. The most common type is green.

In Georgia, cabbages are primarily grown in Moultrie. Peak times are spring and fall, but they are available year round.

Once cabbage is cut, it rapidly begins to lose vitamin C.

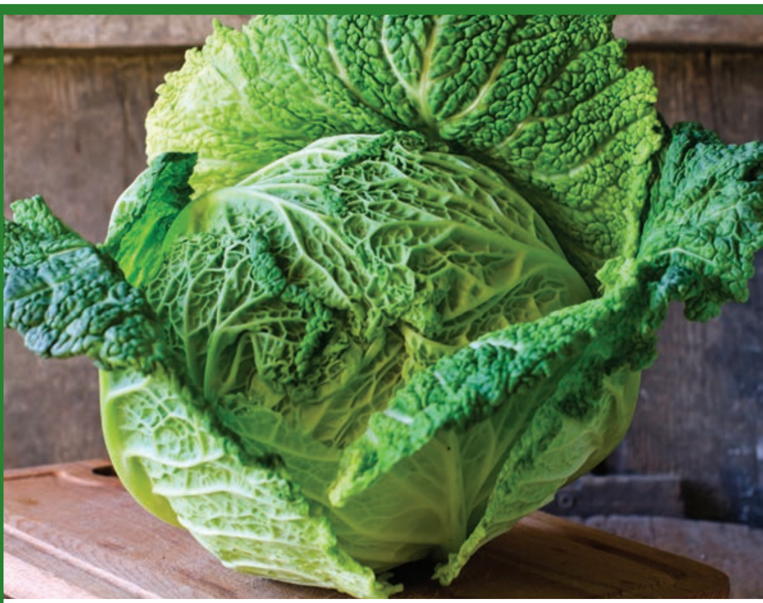
Overcooking cabbage results in a pungent odor and strong flavor, so it is best to cook the cabbage only until it is crisp-tender.

Cabbage heads can be hollowed out and used as unique serving containers for cold dips & spreads.

## CABBAGE

### FRESH AND HEALTHY

Cabbage is an inexpensive and versatile food. This vegetable is a member of the cruciferous family which researchers are studying for possible anticancer effects! Try a new recipe and add some delicious farm fresh cabbage to your meal!



## Best Time to Buy:

December - March

### Cabbage Benefits U!

- High in vitamin C
- Low in calories
- Fat & cholesterol free

**$^{1}/_{12}$ medium head = 25 calories**

### Add Color to Your Meal

- Sauté or stir-fry
- Shred for raw salads
- Stuff cabbage leaves
- Top a taco with shredded cabbage

# CABBAGE

## RECIPE CORNER

## Stir-Fry Cabbage

- **1** cabbage
- **1** bell pepper, if desired
- **1** onion
- **1 tablespoon** oil
- **1/2 teaspoon** garlic powder
- **1/2** bouillon cube, low sodium
- **1/3 cup** water
- **1/4 teaspoon** black pepper

Cut up cabbage, pepper and onion. Mix in a bowl. Heat oil in frying pan. Add cabbage mixture and stir-fry for about 1 minute. Immediately add garlic powder, bouillon, and water. Cover pan. When water comes to a boil, turn down heat and simmer for 5 minutes. Add black pepper. Best when served immediately.

**Nutrition Facts**

Serving Size 1/8 of recipe 154g (154 g)
Servings per container 8

| **Amount Per Serving** | |
|---|---|
| **Calories** 55 | Calories from Fat 17 |
| | **% Daily Value*** |
| **Total Fat** 2g | 3% |
| Saturated Fat 0g | 1% |
| Trans Fat 0g | |
| **Cholesterol** 0mg | 0% |
| **Sodium** 24mg | 1% |
| **Total Carbohydrate** 9g | 3% |
| Dietary Fiber 3g | 14% |
| Sugars 5g | |
| **Protein** 2g | |
| Vitamin A 12% | • Vitamin C 103% |
| Calcium 5% | • Iron 4% |

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories | 2,000 | 2,500 |
|---|---|---|---|
| Total Fat | Less than | 65g | 80g |
| Sat Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4



# FAST FACTS

## SELECTION

Choose firm heads that feel heavy for their size. Outer leaves should look fresh, have good color and be free of blemishes.

## STORAGE

Refrigerate, unwashed, tightly wrapped in a plastic bag for up to a week.

## PREPARATION

Do not wash until ready to use. Remove outer leaves. Rinse head, slice in half lengthwise, and cut out core. Cut into wedges or shred.

## PRESERVATION

Frozen cabbage is suitable for use only as a cooked vegetable. Select freshly picked, solid heads. Trim coarse outer leaves from head. Cut into medium to coarse shreds or thin wedges, or separate head into leaves. Water blanch 1 1/2 minutes. Cool promptly, drain and package, leaving 1/2-inch headspace. Seal and freeze.

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Publication FDNS-E-167-4a
January 2013
Revised: July 2017



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