

Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

Purple Cabbage

Purple Cabbage is a cruciferous vegetable, meaning it contains the same type of sulfuric compounds found in broccoli, kale, and Brussels sprouts. Purple cabbage specifically is also high in fiber and vitamin K.



How to Select and Store:

Fresh - Selection

FIRM LEAVES **HEAVY WEIGHT** **BRIGHT COLOR**

Select cabbages that are densely packed, heavy, and have firm outer leaves. Look out for cabbages that are soft, have many outer leaves removed and are light in weight.

Purple cabbages should be a rich, deep purple- maroon color. Avoid any cabbages that are discolored, have dark spots, or are damaged.

Fresh - Storage



AIRTIGHT BAG IN THE CRISPER

Cabbage will stay fresh up to ten days when stored thoroughly rinsed and dried in an airtight bag in the crisper. For the best flavor, consume cabbage within 5 days of refrigeration.

If you are looking for long-term storage, cabbage can be kept in the freezer. It is recommended to cut cabbage prior to freezing to speed up the defrosting process.

Nutrition Facts	
Serving Size 3oz (85g)	
Amount Per Serving	
Calories 20	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 2%	Vitamin C 50%
Calcium 4%	Iron 2%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

Tips for Preparing and Cooking:

Preparation

Remove the thick, outer cabbage leaves and cut it in wedges to thoroughly rinse. Shake and dry the cabbage wedges to remove any additional water. The most popular cooking method is to enjoy cabbage raw and marinated in a delicious slaw.

Try purple cabbage...

Raw

Enjoy fresh, raw chopped cabbage in spring rolls, sauerkraut, or in cole slaw. You can also use whole cabbage leaves as wraps or boats. You can even stuff cabbage for a robust, healthy treat!

Roasted

Similar to roasted brussels sprouts, cabbage provides a similar crispy, caramelized flavor. Chop cabbage, season with olive oil, salt, pepper, and fresh herbs and roast for 20 minutes to enjoy!

Sautéed

Shred the purple cabbage and add to a lightly oiled low-medium heated pan. Season with salt, pepper, lemon juice, and some red pepper flakes for some added heat!



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Did you know?

Cabbage is from the Cruciferae family and has been cultivated for over 4,000 years! Also, China, India, and Russia are the top three Cabbage producers!