



Cabbage, Green Shredded

Purchasing Specifications

Availability:

Year round

FreshCut produce general cold-chain management:

- Regardless of the greatness of our quality... if the cold chain is broken, it destroys the integrity of our produce.
- Temperatures below 32°F destroy the cell structure of the produce and cause it to bleed and go limp.
- Temperatures above 40°F cause the shelf life to be shortened drastically.
- Take extra care to maintain accurate temperatures in coolers and keep them well maintained to avoid breakdowns.
- Pay close attention during the season changes.

FreshCut produce general cooler tips:

- The coolest place in the cooler is in the back on the lowest storage shelf (cold air drops).
- Make sure coils are cleaned on regular basis.
- Keep strip curtains in good condition and straight.
- Always keep the cooler door closed.
- Keep trips in and out of the cooler to a minimum.



- Flesh Description: Crunchy when raw
- Skin Texture: Glossy, smooth
- Usage: Good for eating fresh and cooked.
- Outside Coloring: Green
- Shape: Round
- Taste: Slightly bitter; semi-sweet
- Phytochemical: Sulphoraphane and Indoles
- Cabbage is a member of the cruciferous family of vegetables.

Nutrition Facts

Serving Size: 1 cup, chopped

Amount Per Serving

Calories 22	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 16 mg	1%
Total Carbohydrates 5 g	4%
Dietary Fiber 2g	9%
Sugars 3g	
Protein 1g	2%
Potassium 151mg	3%
Vitamin A 1%	Vitamin C 43%
Calcium 4%	Iron 2%

*Percent Daily Values are based on a 2,000-calorie diet.