



# Fast And Easy Cabbage Recipes: An Guide To An Healthy And Natural Diet (Volume 1)

*Anela T.*

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Eat Healthy Wlth Cabbage

## **What Is The Healthy Benefits of Cabbage?**

Cabbage is a great source of vitamin K, vitamin C, and vitamin B6. Besides this it is very good source of manganese, dietary fiber, potassium, vitamin B1, folate and copper. Choline, phosphorus, magnesium, vitamin B12, calcium, selenium, iron, protein, and niacin can be found in the cabbage.

It can be great for your eyes, figure, skin...etc.

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