# Fresh Green Round Chinese Napa Cabbage Light Sweet Taste , Anti-Breast Cancers, Petiole hypertrophy

## Specifications :

| | |
|---|---|
| Price | US $300 - $500 / Metric Ton |
| Brand Name | Chinese cabbage |
| Model Number | C109 |
| Place of Origin | Shandong/Henan China (Mainland) |
| Min.Order Quantity | 1 Carton |
| Payment Terms | T/T with 30% before production, 70% balance before delivery; L/C |
| Supply Ability | Supply four seasons, all the year round.280 Metric Ton/ Metric Tons per Month |
| Delivery Detail | around 7 days after receipt of 30% deposit |
| Packaging Details | 10KG/CTN; 20KG/CTN |
| Type | Cabbage |
| Style | Fresh |
| Product Type | Cruciferous Vegetables |
| Cultivation Type | Common |
| Color | Green,White,Purple |
| SIZE | 5-6 Pieces |

## Detail Introduction :

**Fresh Green Round Chinese Napa Cabbage Light Sweet Taste , Anti-Breast Cancers, Petiole hypertrophy**

**Quick Detail:**

Product Type: Cruciferous Vegetabless
Type: Cabbage
Style: Fresh
Cultivation Type: Common
Certification: ISO 9001, SGS, HACCP, GLOBAL GAP
Place of Origin: Shandong China (Mainland)
Brand Name: Chinese cabbage
Model Number: C109
Variety: CABBAGE
PACKING: 10KG/CTN

SIZE: 5-6 PIECES
COLOR: GREEN
Supply availability: all the year round
Packing: 10KG/CTN; 20KG/CTN
Port: Qingdao
Advantage: intergrating process, store and export in a body

**Description:**

Fresh cabbages new harvested in China fresh green round cabbage

| | |
|---|---|
| Name | Fresh Green Round Chinese Napa Cabbage Light Sweet Taste , Anti-Breast Cancers, Petiole hypertrophy |
| Certificates | ISO 9001, SGS, HACCP, GLOBAL GAP |
| Size | 1-2kg/pcs, 2-3kg/pcs, 3-4kg/pcs, 4-5kg/pcs and up |
| Supply time | all the year round |
| Origin | Shandong China (Mainland) |
| Features | Clean and smooth surface, no rotten, no pest, no infect, light sweet taste, suitable for transport and preserve |
| Supply ability | 280 Metric Ton/ Metric Tons per Month |
| Packing | outer packing: 10kg/ctn, 20kg/ctn or mesh bag or as per customization<br>inner packing: wrapped with paper |
| Payment term | T/T with 30% before production, 70% balance before delivery; L/C |
| Lead time | around 7 days after receipt of 30% deposit |
| FOB port | Qingdao port, China |

**Nutritional value**

Pak choi contains a high amount of vitamin A per 4 oz. serving - about 3500 IU. Pak choi also contains approximately 50 mg of vitamin C per 4 oz. serving.

**Napa cabbage nutrition facts**

Napa cabbage, along with bok choy is one of the popular cabbage vegetables in mainland China. Napa’s sweet, crunchy celery flavored leaves are one of the most sought-after ingredients in the oriental cuisine where on an average, each person eats about 1 pound of fresh leafy vegetables per day. Nonetheless, Chinese cabbages are increasingly being used in western, Mediterranean as well as in American cuisines.

**Health benefits of Napa cabbage**

? Napa cabbage is incredibly low in calories. 100 g fresh leaves contain only 16 calories. Along with celery,bok-choy,...etc, it easily fits into the neo-class of zero calorie or negative calorie group of vegetables as often advocated by some dieticians.
? Napa is packed with many antioxidant plant compounds such as carotenes, thiocyanates, indole-3-carbinol, lutein, zea-xanthin, sulforaphane and isothiocyanates. In addition, it is an abundant source of soluble and insoluble dietary fiber. Scientific studies suggest these compounds are known to offer protection against breast, colon and prostate cancers and help reduce LDL or "bad cholesterol" levels in the blood.
? Fresh napa is an excellent source of folates. 100 g provides 79 µg or 20% of daily required levels of this B-complex vitamin. Folic acid is one of the essential components of DNA. Sufficient amounts of folates in the diet of anticipant mothers help prevent neurological diseases in the newborn babies.
? Further, napa cabbage has very good levels of vitamin-C. 100 g of fresh vegetable provides about 45% of daily requirements of this vitamin. Regular consumption of foods rich in vitamin C helps the body develop resistance against infectious agents and scavenge harmful, pro-inflammatory free radicals.
? Like in other cabbages, napa has adequate levels of vitamin K, provides about 38% of RDA levels. Vitamin-K has a potential role in the bone metabolism by promoting osteotrophic activity in bone cells. Therefore, enough vitamin K in the diet makes your bone stronger, healthier and delay osteoporosis. Further, vitamin-K also has established role in curing Alzheimer's disease patients by limiting neuronal damage in their brain.
? Napa cabbage has small levels of vitamin-A. However, it also contains flavonoid poly phenolic compounds such as carotenes, lutein and xanthins which convert to vitamin A in the body.
? Like other green vegetables, it is a good source of many essential vitamins such as riboflavin, pantothenic acid, pyridoxine (185 of RDA) and thiamin. These vitamins are essential in the sense that our body requires them from external sources to replenish.
? In addition, it is very natural source of electrolytes and minerals like calcium, potassium, phosporous, manganese, iron and magnesium. Potassium is an important component of cell and body fluids that helps controlling heart rate and blood pressure. Manganese is used by the body as a co-factor for the antioxidant enzyme, superoxide dismutase. Iron is required for the red blood cell formation.

| Chinese cabbage, raw | |
|---|---|
| Nutritional value per 100 g (3.5 oz) | |
| Energy | 68 kJ (16 kcal) |
| Carbohydrates | 3.2 g |
| - Dietary fiber | 1.2 g |
| Fat | 0.2 g |
| Protein | 1.2 g |
| Vitamin C | 27 mg (33%) |
| Calcium | 77 mg (8%) |
| Iron | 0.31 mg (2%) |
| Magnesium | 13 mg (4%) |
| Sodium | 9 mg (1%) |

| See the table below for in depth analysis of nutrients: Napa cabbage (Brassica rapa (pekinensis group)), Nutrition Value per 100 g. | | |
|---|---|---|
| Principle | Nutrient Value | Percentage of RDA |
| Energy | 16 kcal | <1% |
| Carbohydrates | 3.23 g | 2.5% |
| Protein | 1.2 g | 2% |
| Total Fat | 0.2 g | 1% |
| Cholesterol | 0 mg | 0% |
| Dietary Fiber | 1.2 mg | 3% |
| Vitamins | | |
| Folates | 79 µg | 20% |
| Niacin | 0.400 mg | 2.5% |
| Pantothenic acid | 0.105 mg | 2% |
| Pyridoxine | 0.232 mg | 18% |
| Riboflavin | 0.050 mg | 4% |
| Thiamin | 0.040 mg | 3% |
| Vitamin A | 318 IU | 11% |
| Vitamin C | 27 mg | 45% |
| Vitamin K | 42.9 µg | 38% |
| Electrolytes | | |
| Sodium | 8 mg | 0.5% |
| Potassium | 238 mg | 5% |
| Minerals | | |
| Calcium | 77 mg | 8% |
| Iron | 0.31 mg | 4% |
| Magnesium | 13 mg | 3% |
| Manganese | 0.190 mg | 8% |
| Phosphorus | 29 mg | 4% |
| Zinc | 0.23 mg | 2% |

| | | |
|---|---|---|
| Phyto-nutrients | | |
| Carotene-? | 1 µg | -- |
| Carotene-ß | 190 µg | -- |
| Lutein-zeaxanthin | 48 µg | -- |

**Selection and storage**

Pests are common in cabbage. Conventionally grown ones may be subjected to insecticide spray to avoid pest infestation. Therefore, wash thoroughly in running water then soak in saline water for about 30 minutes, again wash in clean water.
In the stores, buy fresh, crispy, compact headed napa cabbage. Avoid those with yellow, dry or infested old stocks. At home, store it as you store other greens in the refrigerator set at high relative humidity. Use cabbage while it is a farm fresh to get maximum health benefits. However, it can be stored in the refrigerator for few days in the fresh state.

**Preparation and serving tips**

Trim off the base and remove outer discolored leaves. Wash the whole vegetable in cold water. Gently pat dry or place it upside down until all the water drained out.
To prepare, separate the stalks from the base using a paring knife and slice its leaves from the stalk. Thus, once you separate leaves and stalk, you may want to add them in to a variety of recipes either combined or individually.

**Here are some of the preparation tips:**

• Sweet, crunchy, flavorful napa cabbage leaves can be eaten raw, added to salads, sandwiches, and burgers.
• Like other cabbage verities, napa can be used to prepare coleslaw.
• Napa cabbage is one of the common vegetables used in Korean fermented dish-kimchi.
• In Thailand and other East Asian countries shredded napa cabbage is steam cooked with rice in plantain leaves.
• In China and other East Asian region, it is used like cabbage in stew fries with added onion, garlic, bell pepper and green chillies mixed with steamed rice and soy/chili/tomato sauce to prepare fried rice, egg rice noodles, chowmein...etc.
• Like bok choy, napa is one of the wonderful vegetables used generously in modern-day recipes like stir fries, soups, stuffing…etc.

**Applications:**

**Uses**

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Like bok choy, napa is one of the wonderful vegetables used generously in modern-day recipes like stir fries, soups, stuffing…etc.

**Specifications:**

Fresh cabbages new harvested in China fresh green round cabbage
1. Own Chinese cabbage production base.
2. Over 5 years experience
3. New crop fresh Chinese cabbage
4. ISO 9001, SGS, HACCP, GLOBAL GAP

**Competitive Advantage:**

1. We have our own production base with factory & guarantee the quality.
2. We have enough supply ability
3. We can supply more competitive price and service