

The Greatest Cabbage Recipes In History: Fast, Easy & Delicious Recipes (A Healthy & Natural Diet)

Brittany M. Davis

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Cabbage is one of the healthiest foods around. It's chock full of dietary fiber, has high amounts of folic acid (good for pregnant women and the babies they are carrying) and Vitamins C and K aside from being very low in saturated fat and cholesterol, among others. Given these health benefits, we should make eating cabbages a regular habit.

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