

BOK CHOY



PECHAI

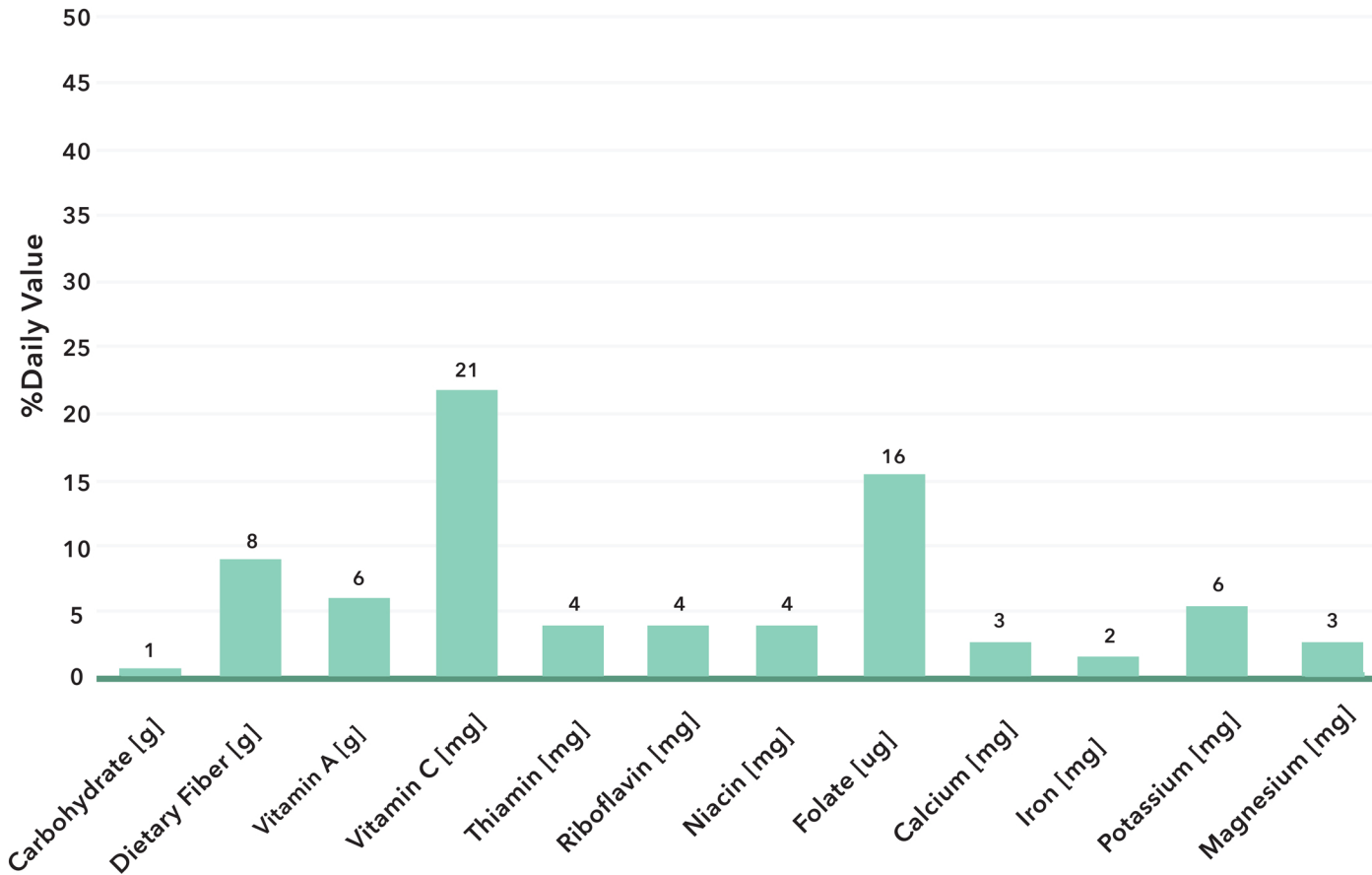
BOK CHOY/PECHAI

(CHamoru Name)

Brassica rapa subsp. peknensis

SEASON

Peak availability
year-round
January through
December



DID YOU KNOW?

Pechai stays fresh in refrigerator up to 6 days. Wash right before use by first separating to ensure thoroughly cleansed.

Graph based upon USDA Database nutrient composition for 1 cup Chinese cabbage, cooked, drained, without salt (119 g)

*PERCENT DAILY VALUE (%DV) IS BASED ON A 2,000 KCAL DIET

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