

**Basic Report 11137, Cauliflower, frozen, unprepared**

Report Date: January 28, 2015 23:19 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	0.5 cup (1" pieces) 66g	1 package (10 oz) 284g
<b>Proximates</b>				
Water	g	92.51	61.06	262.73
Energy	kcal	24	16	68
Protein	g	2.01	1.33	5.71
Total lipid (fat)	g	0.27	0.18	0.77
Carbohydrate, by difference	g	4.68	3.09	13.29
Fiber, total dietary	g	2.3	1.5	6.5
Sugars, total	g	2.22	1.47	6.30
<b>Minerals</b>				
Calcium, Ca	mg	22	15	62
Iron, Fe	mg	0.54	0.36	1.53
Magnesium, Mg	mg	12	8	34
Phosphorus, P	mg	35	23	99
Potassium, K	mg	193	127	548
Sodium, Na	mg	24	16	68
Zinc, Zn	mg	0.17	0.11	0.48
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	48.8	32.2	138.6
Thiamin	mg	0.051	0.034	0.145
Riboflavin	mg	0.070	0.046	0.199
Niacin	mg	0.429	0.283	1.218
Vitamin B-6	mg	0.123	0.081	0.349
Folate, DFE	µg	64	42	182
Vitamin B-12	µg	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	3
Vitamin A, IU	IU	12	8	34
Vitamin E (alpha-tocopherol)	mg	0.07	0.05	0.20

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	14.8	9.8	42.0
<b>Lipids</b>				
Fatty acids, total saturated	g	0.041	0.027	0.116
Fatty acids, total monounsaturated	g	0.019	0.013	0.054
Fatty acids, total polyunsaturated	g	0.128	0.084	0.364
Cholesterol	mg	0	0	0
<b>Other</b>				
Caffeine	mg	0	0	0