

Full Report (All Nutrients) 11137, Cauliflower, frozen, unprepared

Report Date: January 27, 2015 15:58 EST

Nutrient values and weights are for edible portion

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor: 2.44 Nitrogen to Protein Conversion Factor: 6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup (1" pieces) 66g	1 package (10 oz) 284g
Proximates						
Water	g	92.51	38	0.119	61.06	262.73
Energy	kcal	24	--	--	16	68
Energy	kJ	100	--	--	66	284
Protein	g	2.01	40	0.033	1.33	5.71
Total lipid (fat)	g	0.27	40	0.041	0.18	0.77
Ash	g	0.53	38	0.010	0.35	1.51
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
Minerals						
Calcium, Ca	mg	22	40	0.999	15	62
Iron, Fe	mg	0.54	40	0.035	0.36	1.53
Magnesium, Mg	mg	12	11	0.550	8	34
Phosphorus, P	mg	35	19	1.418	23	99
Potassium, K	mg	193	13	10.411	127	548
Sodium, Na	mg	24	23	3.924	16	68
Zinc, Zn	mg	0.17	7	0.011	0.11	0.48
Copper, Cu	mg	0.031	5	0.006	0.020	0.088
Manganese, Mn	mg	0.197	7	0.015	0.130	0.559
Selenium, Se	µg	0.8	4	0.265	0.5	2.3
Vitamins						
Vitamin C, total ascorbic acid	mg	48.8	34	1.674	32.2	138.6
Thiamin	mg	0.051	40	0.003	0.034	0.145

Nutrient	Unit	1			0.5 cup (1" pieces) 66g	1 package (10 oz) 284g
		Value Per100 g	Data points	Std. Error		
Riboflavin	mg	0.070	40	0.004	0.046	0.199
Niacin	mg	0.429	40	0.018	0.283	1.218
Pantothenic acid	mg	0.136	1	--	0.090	0.386
Vitamin B-6	mg	0.123	8	0.013	0.081	0.349
Folate, total	µg	64	--	--	42	182
Folic acid	µg	0	--	--	0	0
Folate, food	µg	64	--	--	42	182
Folate, DFE	µg	64	--	--	42	182
Choline, total	mg	41.9	--	--	27.7	119.0
Vitamin B-12	µg	0.00	--	--	0.00	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	1	--	--	1	3
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	7	--	--	5	20
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	12	--	--	8	34
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	31	--	--	20	88
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.05	0.20
Vitamin E, added	mg	0.00	--	--	0.00	0.00
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
Lipids						
Fatty acids, total saturated	g	0.041	--	--	0.027	0.116
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.036	--	--	0.024	0.102

Nutrient	Unit	1	Data points	Std. Error	0.5 cup (1" pieces)	1 package (10 oz)
		Value Per100 g			66g	284g
18:0	g	0.005	--	--	0.003	0.014
Fatty acids, total monounsaturated	g	0.019	--	--	0.013	0.054
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.019	--	--	0.013	0.054
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.128	--	--	0.084	0.364
18:2 undifferentiated	g	0.029	--	--	0.019	0.082
18:3 undifferentiated	g	0.098	--	--	0.065	0.278
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.026	--	--	0.017	0.074
Threonine	g	0.073	--	--	0.048	0.207
Isoleucine	g	0.077	--	--	0.051	0.219
Leucine	g	0.118	--	--	0.078	0.335
Lysine	g	0.108	--	--	0.071	0.307
Methionine	g	0.028	--	--	0.018	0.080
Cystine	g	0.023	--	--	0.015	0.065
Phenylalanine	g	0.072	--	--	0.048	0.204
Tyrosine	g	0.044	--	--	0.029	0.125
Valine	g	0.101	--	--	0.067	0.287
Arginine	g	0.097	--	--	0.064	0.275
Histidine	g	0.041	--	--	0.027	0.116
Alanine	g	0.106	--	--	0.070	0.301
Aspartic acid	g	0.236	--	--	0.156	0.670
Glutamic acid	g	0.268	--	--	0.177	0.761
Glycine	g	0.065	--	--	0.043	0.185
Proline	g	0.087	--	--	0.057	0.247

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	0.5 cup (1" pieces) 66g	1 package (10 oz) 284g
Serine	g	0.105	--	--	0.069	0.298
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Flavones						
Luteolin 1	mg	0.3	3	0	0.2	0.8
Flavonols						
Kaempferol 1 2	mg	0.3	6	0.08	0.2	0.9
Quercetin 1 2	mg	0.5	6	0.14	0.3	1.5

¹Pellegrini, N., Chiavaro, E., Gardana, C., Mazzeo, T., Contino, D., Gallo, M., Riso, P., Fogliano, V., and Porrini, M. **Effect of different cooking methods on color, phytochemical concentration, and antioxidant capacity of raw and frozen Brassica vegetables.**, 2010 J. Agric. Food Chem. 58 pp.4310-4321

²Puupponen-Pimia, R., Hokkinen, S.T., Aarni, M., Suortti, T., Lampi, A-M., Eurola, M., Piironen, V., Nuutila, A M., and Oksman-Caldentey, K-M. **Blanching and long-term freezing affect various bioactive compounds of vegetables in different ways.**, 2003 J. Sci. Food Agric. 83 pp.1389-1402

LanguaL Code(s)

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1094 CAULIFLOWER
- C0237 FLORET OR FLOWER
- E0152 DIVIDED INTO PIECES
- F0018 PARTIALLY HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0136 PRESERVED BY FREEZING
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION