

Basic Report 11135, Cauliflower, raw

Report Date: July 21, 2019 23:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup chopped (1/2" pieces) 107g	1 floweret 13g	1 head large (6-7" dia.) 840g	1 head medium (5-6" dia.) 588g	1 head small (4" dia.) 265g
Proximates							
Water	g	92.07	98.51	11.97	773.39	541.37	243.99
Energy	kcal	25	27	3	210	147	66
Protein	g	1.92	2.05	0.25	16.13	11.29	5.09
Total lipid (fat)	g	0.28	0.30	0.04	2.35	1.65	0.74
Carbohydrate, by difference	g	4.97	5.32	0.65	41.75	29.22	13.17
Fiber, total dietary	g	2.0	2.1	0.3	16.8	11.8	5.3
Sugars, total	g	1.91	2.04	0.25	16.04	11.23	5.06
Minerals							
Calcium, Ca	mg	22	24	3	185	129	58
Iron, Fe	mg	0.42	0.45	0.05	3.53	2.47	1.11
Magnesium, Mg	mg	15	16	2	126	88	40
Phosphorus, P	mg	44	47	6	370	259	117
Potassium, K	mg	299	320	39	2512	1758	792
Sodium, Na	mg	30	32	4	252	176	80
Zinc, Zn	mg	0.27	0.29	0.04	2.27	1.59	0.72
Vitamins							
Vitamin C, total ascorbic acid	mg	48.2	51.6	6.3	404.9	283.4	127.7
Thiamin	mg	0.050	0.054	0.007	0.420	0.294	0.133
Riboflavin	mg	0.060	0.064	0.008	0.504	0.353	0.159
Niacin	mg	0.507	0.542	0.066	4.259	2.981	1.344
Vitamin B-6	mg	0.184	0.197	0.024	1.546	1.082	0.488
Folate, DFE	µg	57	61	7	479	335	151
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	0	0	0	0	0	0
Vitamin A, IU	IU	0	0	0	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.08	0.09	0.01	0.67	0.47	0.21

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0	0	0
Vitamin K (phylloquinone)	µg	15.5	16.6	2.0	130.2	91.1	41.1
Lipids							
Fatty acids, total saturated	g	0.130	0.139	0.017	1.092	0.764	0.345
Fatty acids, total monounsaturated	g	0.034	0.036	0.004	0.286	0.200	0.090
Fatty acids, total polyunsaturated	g	0.031	0.033	0.004	0.260	0.182	0.082
Fatty acids, total trans	g	0.000	0.000	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0	0	0
Amino Acids							
Other							
Caffeine	mg	0	0	0	0	0	0