

Full Report (All Nutrients) 11136, Cauliflower, cooked, boiled, drained, without salt

Report Date: July 19, 2019 19:38 EDT

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) 62g	3.0 flowerets 54g
Proximates						
Water	g	93.00	7	0.330	57.66	50.22
Energy	kcal	23	--	--	14	12
Energy	kJ	96	--	--	60	52
Protein	g	1.84	4	0.080	1.14	0.99
Total lipid (fat)	g	0.45	4	0.110	0.28	0.24
Ash	g	0.60	4	0.060	0.37	0.32
Carbohydrate, by difference	g	4.11	--	--	2.55	2.22
Fiber, total dietary	g	2.3	6	--	1.4	1.2
Sugars, total	g	2.08	--	--	1.29	1.12
Minerals						
Calcium, Ca	mg	16	27	0.000	10	9
Iron, Fe	mg	0.32	28	0.010	0.20	0.17
Magnesium, Mg	mg	9	28	0.000	6	5
Phosphorus, P	mg	32	27	1.000	20	17
Potassium, K	mg	142	28	6.000	88	77
Sodium, Na	mg	15	28	1.000	9	8
Zinc, Zn	mg	0.17	28	0.006	0.11	0.09
Copper, Cu	mg	0.018	28	0.002	0.011	0.010
Manganese, Mn	mg	0.132	28	0.004	0.082	0.071
Selenium, Se	µg	0.6	18	0.400	0.4	0.3
Vitamins						
Vitamin C, total ascorbic acid	mg	44.3	8	0.200	27.5	23.9

Nutrient	Unit	1	Data points	Std. Error	0.5 cup (1" pieces)	3.0 flowerets
		Value Per100 g			62g	54g
Thiamin	mg	0.042	--	--	0.026	0.023
Riboflavin	mg	0.052	--	--	0.032	0.028
Niacin	mg	0.410	--	--	0.254	0.221
Pantothenic acid	mg	0.508	--	--	0.315	0.274
Vitamin B-6	mg	0.173	--	--	0.107	0.093
Folate, total	µg	44	8	2.000	27	24
Folic acid	µg	0	--	--	0	0
Folate, food	µg	44	8	2.000	27	24
Folate, DFE	µg	44	--	--	27	24
Choline, total ¹	mg	39.1	--	--	24.2	21.1
Betaine ¹	mg	0.1	1	--	0.1	0.1
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	1
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	7	--	--	4	4
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	12	--	--	7	6
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	29	--	--	18	16
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0.04	0.04
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	13.8	--	--	8.6	7.5
Lipids						
Fatty acids, total saturated	g	0.070	--	--	0.043	0.038
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

Nutrient	Unit	1	Data points	Std. Error	0.5 cup (1" pieces)	3.0 flowerets
		Value Per100 g			62g	54g
14:0	g	0.000	--	--	0.000	0.000
16:0	g	0.062	--	--	0.038	0.033
18:0	g	0.008	--	--	0.005	0.004
Fatty acids, total monounsaturated	g	0.032	--	--	0.020	0.017
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.032	--	--	0.020	0.017
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.217	--	--	0.135	0.117
18:2 undifferentiated	g	0.050	--	--	0.031	0.027
18:3 undifferentiated	g	0.167	--	--	0.104	0.090
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
Fatty acids, total trans	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
Amino Acids						
Tryptophan	g	0.024	--	--	0.015	0.013
Threonine	g	0.067	--	--	0.042	0.036
Isoleucine	g	0.070	--	--	0.043	0.038
Leucine	g	0.107	--	--	0.066	0.058
Lysine	g	0.099	--	--	0.061	0.053
Methionine	g	0.026	--	--	0.016	0.014
Cystine	g	0.021	--	--	0.013	0.011
Phenylalanine	g	0.066	--	--	0.041	0.036
Tyrosine	g	0.040	--	--	0.025	0.022
Valine	g	0.092	--	--	0.057	0.050
Arginine	g	0.089	--	--	0.055	0.048
Histidine	g	0.037	--	--	0.023	0.020
Alanine	g	0.097	--	--	0.060	0.052
Aspartic acid	g	0.216	--	--	0.134	0.117

Nutrient	Unit	1			0.5 cup (1" pieces) 62g	3.0 flowerets 54g
		Value Per100 g	Data points	Std. Error		
Glutamic acid	g	0.245	--	--	0.152	0.132
Glycine	g	0.059	--	--	0.037	0.032
Proline	g	0.079	--	--	0.049	0.043
Serine	g	0.096	--	--	0.060	0.052
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Flavones						
Luteolin ²	mg	0.3	12	0.06	0.2	0.1
Flavonols						
Kaempferol ²	mg	0.5	12	0.09	0.3	0.3
Quercetin ²	mg	0.4	12	0.08	0.2	0.2
Isoflavones						
Daidzein ³	mg	0.00	1	--	0.00	0.00
Genistein ³	mg	0.00	1	--	0.00	0.00
Total isoflavones ³	mg	0.00	1	--	0.00	0.00

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD

²Pellegrini, 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

³Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. **Daidzein and genistein content of vegetables.**, 2000 Brit. J. Nutr. 84 pp.717-725

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
- F0014 FULLY HEAT-TREATED
- G0015 BOILED AND DRAINED
- H0001 TREATMENT APPLIED NOT KNOWN
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION
- P0078 NO SALT ADDED CLAIM OR USE