

Basic Report 11968, Cauliflower, green, cooked, with salt

Report Date: September 20, 2019 21:18 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.5 cup (1" pieces) 62g
Proximates			
Water	g	89.47	55.47
Energy	kcal	32	20
Protein	g	3.04	1.88
Total lipid (fat)	g	0.31	0.19
Carbohydrate, by difference	g	6.28	3.89
Fiber, total dietary	g	3.3	2.0
Minerals			
Calcium, Ca	mg	32	20
Iron, Fe	mg	0.72	0.45
Magnesium, Mg	mg	19	12
Phosphorus, P	mg	57	35
Potassium, K	mg	278	172
Sodium, Na	mg	259	161
Zinc, Zn	mg	0.63	0.39
Vitamins			
Vitamin C, total ascorbic acid	mg	72.6	45.0
Thiamin	mg	0.070	0.043
Riboflavin	mg	0.100	0.062
Niacin	mg	0.681	0.422
Vitamin B-6	mg	0.206	0.128
Folate, DFE	µg	41	25
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	7	4
Vitamin A, IU	IU	141	87
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0

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Lipids			
Fatty acids, total saturated	g	0.049	0.030
Fatty acids, total monounsaturated	g	0.029	0.018
Fatty acids, total polyunsaturated	g	0.137	0.085
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0

Amino Acids

Other