

Statistics Report 11135, Cauliflower, raw

Report Date: December 11, 2017 21:24 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	92.07	36	0.241	91.7	93.82	30.0	91.577	92.563	3	Aggregated data involving comb. of codes other than 1,12 or6	--	12/2008
Energy	kcal	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Energy	kJ	104	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Protein 1	g	1.92	4	0.039	1.81	2	3.0	1.796	2.047	1	Analytical or derived from analytical	--	11/2008
Total lipid (fat) 1	g	0.28	21	0.020	0.1	0.65	17.0	0.235	0.318	3	Aggregated data involving comb. of codes other than 1,12 or6	--	12/2008
Ash 1	g	0.76	19	0.052	0.71	1.66	4.0	0.618	0.909	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Carbohydrate, by difference	g	4.97	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fiber, total dietary 1	g	2.0	4	0.117	1.9	2.5	4.0	1.716	2.364	2	Aggregated data involving combinations of source codes 1 & 12	--	11/2008
Sugars, total 1	g	1.91	4	0.094	1.64	2.06	3.0	1.617	2.213	1	Analytical or derived from analytical	--	11/2008
Sucrose 1	g	0.00	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	12/2008
Glucose (dextrose) 1	g	0.94	4	0.050	0.8	1.03	3.0	0.785	1.105	1	Analytical or derived from analytical	--	11/2008
Fructose 1	g	0.97	4	0.044	0.84	1.03	3.0	0.829	1.11	1	Analytical or derived from analytical	--	11/2008
Lactose 1	g	0.00	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	12/2008
Maltose 1	g	0.00	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	12/2008
Galactose 1	g	0.00	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	12/2008
Minerals													
Calcium, Ca 1	mg	22	23	1.002	21	24	19.0	19.966	24.165	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Iron, Fe 1	mg	0.42	23	0.024	0.28	0.44	19.0	0.373	0.471	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Magnesium, Mg 1	mg	15	22	0.426	13	15	17.0	13.843	15.639	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Phosphorus, P 1	mg	44	22	1.173	42	49	19.0	41.894	46.806	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Potassium, K 1	mg	299	24	10.621	271	303	19.0	276.272	320.728	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Sodium, Na 1	mg	30	37	2.626	21	30	32.0	24.296	34.991	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Zinc, Zn 1	mg	0.27	19	0.009	0.21	0.28	17.0	0.253	0.29	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Copper, Cu 1	mg	0.039	19	0.003	0.02	0.04	14.0	0.032	0.045	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Manganese, Mn 1	mg	0.155	19	0.005	0.13	0.17	16.0	0.144	0.165	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Selenium, Se	µg	0.6	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/1992
Fluoride, F 2	µg	1.0	9	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Vitamins													
Vitamin C, total ascorbic acid 1	mg	48.2	28	3.773	46.4	61.6	23.0	40.44	56.047	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Thiamin 1	mg	0.050	19	0.003	0.02	0.06	15.0	0.044	0.055	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Riboflavin 1	mg	0.060	19	0.003	0.05	0.06	14.0	0.053	0.067	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Niacin 1	mg	0.507	19	0.019	0.42	0.53	14.0	0.467	0.548	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Pantothenic acid 1	mg	0.667	16	0.022	0.63	0.75	13.0	0.619	0.715	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Vitamin B-6 1	mg	0.184	17	0.007	0.05	0.22	13.0	0.169	0.199	2	Aggregated data involving combinations of source codes 1 & 12	--	12/2008
Folate, total	µg	57	27	5.290	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	57	27	5.290	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Folate, DFE	µg	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2009
Choline, total	mg	44.3	--	--	--	--	--	--	--	--	Calculated or imputed	11136	12/2008
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 1	µg	0	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	12/2008
Carotene, alpha 1	µg	0	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	11/2008
Cryptoxanthin, beta 1	µg	0	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	11/2008
Vitamin A, IU	IU	0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Lycopene 1	µg	0	4	0.000	0	0	3.0	--	--	1	Analytical or derived from analytical	--	11/2008
Lutein + zeaxanthin 1	µg	1	4	0.102	1	1	3.0	0.587	1.235	1	Analytical or derived from analytical	--	11/2008
Vitamin E (alpha-tocopherol)	mg	0.08	--	--	--	--	--	--	--	--	Calculated or imputed	11136	12/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Tocopherol, gamma	mg	0.20	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Tocopherol, delta	mg	0.00	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2009
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) 1	µg	15.5	18	0.256	12	23	3.0	14.678	16.306	5	Aggregated data involving comb. of codes other than 1,12 or6	--	11/2008
Lipids													
Fatty acids, total saturated	g	0.130	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2008
6:0 1	g	0.000	2	--	0	0	2.0	--	--	2	Aggregated data involving combinations of source codes 1 & 12	--	11/2008
8:0 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	11/2008
10:0 1	g	0.018	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
12:0 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	11/2008
14:0 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	11/2008
15:0 1	g	0.002	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
16:0 1	g	0.093	2	--	0.05	0.05	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
17:0 1	g	0.001	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	11/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:0 1	g	0.009	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
20:0 1	g	0.003	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
22:0 1	g	0.002	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
24:0 1	g	0.002	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total monounsaturated	g	0.034	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
14:1 1	g	0.002	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
15:1 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	12/2008
16:1 undifferentiated 1	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
16:1 c 1	g	0.003	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
16:1 t 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	12/2008
17:1 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	12/2008
18:1 undifferentiated 1	g	0.027	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:1 c 1	g	0.027	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
20:1 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	11/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	11/2008
22:1 c 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	12/2008
22:1 t 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	12/2008
24:1 c 1	g	0.002	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
Fatty acids, total polyunsaturated	g	0.031	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2014
18:2 undifferentiated 1	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:2 n-6 c,c 1	g	0.013	2	--	0.01	0.01	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
18:2 CLAs 1	g	0.003	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
18:2 t not further defined 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	12/2008
18:3 undifferentiated 1	g	0.015	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2014
18:3 n-3 c,c,c (ALA) 1	g	0.015	2	--	0	0.01	1.0	--	--	1	Analytical or derived from analytical	--	05/2014
18:3 n-6 c,c,c 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	12/2008
18:4 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	11/2008
20:2 n-6 c,c 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:3 undifferentiated 1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
20:3 n-6 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	12/2008
20:4 undifferentiated 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	11/2008
20:5 n-3 (EPA) 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	11/2008
22:4 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	12/2008
22:5 n-3 (DPA) 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	11/2008
22:6 n-3 (DHA) 1	g	0.000	2	--	0	0	1.0	--	--	1	Analytical or derived from analytical	--	11/2008
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2008
Fatty acids, total trans-monoenoic	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2008
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1984
Phytosterols	mg	18	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1984
Amino Acids													
Tryptophan 1	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Threonine 1	g	0.076	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Isoleucine 1	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine 1	g	0.106	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Lysine 1	g	0.217	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Methionine 1	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Cystine 1	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Phenylalanine 1	g	0.065	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Tyrosine 1	g	0.051	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Valine 1	g	0.125	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Arginine 1	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Histidine 1	g	0.056	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Alanine 1	g	0.116	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Aspartic acid 1	g	0.177	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Glutamic acid 1	g	0.257	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Glycine 1	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline 1	g	0.071	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Serine 1	g	0.086	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2002
Flavonoids													
Flavan-3-ols													
(+)-Catechin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(+)-Galocatechin 4	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 5 6 7	mg	0.0	--	0.03	0	0.2	--	--	--	--	--	--	--
Luteolin 5 6 7 8	mg	0.1	--	0.04	0	0.4	--	--	--	--	--	--	--
Flavonols													
Kaempferol 5 6 7 8 9	mg	0.4	--	0.14	0	1.25	--	--	--	--	--	--	--
Myricetin 5 6 7	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin 5 6 7 8 9	mg	0.5	--	0.38	0	3.9	--	--	--	--	--	--	--
Isoflavones													
Daidzein 10	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Genistein 10	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 10	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 3	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin trimers 3	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 3	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 3	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 3	mg	0.0	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

¹*Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 12a, 2007* Beltsville MD

²*Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision*

³*Hellström, Törrönen, A.R., and Matilla, P.H. Proanthocyanidins in common food products of plant origin, 2009* J. Agric. Food Chem. 57 pp.7899-7906

⁴*Arts, I. C. W., van de Putte, B., and Hollman, P. C. H. Catechin content of foods commonly consumed in the Netherlands. 1. Fruits, vegetables, staple foods and processed foods., 2000* J. Agric. Food Chem. 48 pp.1746-1751

⁵*Bahroun, T., Luximon-Ramma, A., Crozier, A., and Arouma, O. Total phenol, flavonoid, proanthocyanidin and vitamin C levels and antioxidant activities of Mauritian vegetables, 2004* J. Sci. Food Agric. 84 pp.1553-1561

⁶*Hertog, M. G. L., Hollman, P. C. H., and Katan, M. B. Content of potentially anticarcinogenic flavonoids of 28 vegetables and fruits commonly consumed in The Netherlands., 1992* J. Agric. Food Chem. 40 pp.2379-2383

⁷*Lugasi, A., and Hovari, J. Flavonoid aglycons in foods of plant origin I. Vegetables, 2000* Acta Alimentaria 29 pp.345-352

⁸*Pellegrini, 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

⁹*Puupponen-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

¹⁰*Liggins, 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