

Statistics Report 11136, Cauliflower, cooked, boiled, drained, without salt

Report Date: July 15, 2019 20:52 EDT

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	g	93.00	7	0.330	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Energy	kcal	23	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Energy	kJ	96	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Protein	g	1.84	4	0.080	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Total lipid (fat)	g	0.45	4	0.110	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Ash	g	0.60	4	0.060	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Carbohydrate, by difference	g	4.11	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Fiber, total dietary	g	2.3	6	--	2	2.5	--	--	--	1	Analytical or derived from analytical	--	03/2006
Sugars, total	g	2.08	--	--	0	0	--	--	--	--	Calculated or imputed	11135	03/2006

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	16	27	0.000	12	21	15.0	15.0	17.0	4	Analytical or derived from analytical	--	03/2006
Iron, Fe	mg	0.32	28	0.010	0.18	0.46	23.0	0.28	0.34	4	Analytical or derived from analytical	--	03/2006
Magnesium, Mg	mg	9	28	0.000	7	15	16.0	8.0	10.0	4	Analytical or derived from analytical	--	03/2006
Phosphorus, P	mg	32	27	1.000	23	42	22.0	29.0	34.0	4	Analytical or derived from analytical	--	03/2006
Potassium, K	mg	142	28	6.000	90	224	15.0	127.0	155.0	4	Analytical or derived from analytical	--	03/2006
Sodium, Na	mg	15	28	1.000	4	33	19.0	11.0	17.0	4	Analytical or derived from analytical	--	03/2006
Zinc, Zn	mg	0.17	28	0.006	0.11	0.23	19.0	0.15	0.18	4	Analytical or derived from analytical	--	03/2006
Copper, Cu	mg	0.018	28	0.002	0.01	0.05	7.0	0.014	0.022	4	Analytical or derived from analytical	--	03/2006
Manganese, Mn	mg	0.132	28	0.004	0.09	0.18	21.0	0.122	0.141	4	Analytical or derived from analytical	--	03/2006
Selenium, Se	µg	0.6	18	0.400	0	7	4.0	-0.5	1.7	3	Analytical or derived from analytical	--	03/2006

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid	mg	44.3	8	0.200	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Thiamin	mg	0.042	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Riboflavin	mg	0.052	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Niacin	mg	0.410	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Pantothenic acid	mg	0.508	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Vitamin B-6	mg	0.173	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folate, total	µg	44	8	2.000	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	44	8	2.000	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Folate, DFE	µg	44	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Choline, total 1	mg	39.1	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Betaine 1	mg	0.1	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2006
Vitamin B-12	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	1	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Retinol	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta	µg	7	--	--	0	0	--	--	--	--	Calculated or imputed	11135	11/2002
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11135	11/2002
Cryptoxanthin, beta	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11135	11/2002
Vitamin A, IU	IU	12	--	--	0	0	--	--	--	--	Calculated or imputed	--	03/2006
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	11135	11/2002
Lutein + zeaxanthin	µg	29	--	--	0	0	--	--	--	--	Calculated or imputed	11135	11/2002
Vitamin E (alpha-tocopherol)	mg	0.07	--	--	0	0	--	--	--	--	Calculated or imputed	11135	11/2002
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	13.8	--	--	0	0	--	--	--	--	Calculated or imputed	11135	11/2002
Lipids													
Fatty acids, total saturated	g	0.070	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
10:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
12:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
14:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
16:0	g	0.062	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:0	g	0.008	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Fatty acids, total monounsaturated	g	0.032	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
16:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.032	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
20:1	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:1 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total polyunsaturated	g	0.217	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:2 undifferentiated	g	0.050	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:3 undifferentiated	g	0.167	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:5 n-3 (EPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
Fatty acids, total trans	g	0.000	--	--	0	0	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	08/1984
Amino Acids													
Tryptophan	g	0.024	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Threonine	g	0.067	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Isoleucine	g	0.070	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Leucine	g	0.107	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Lysine	g	0.099	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Methionine	g	0.026	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Cystine	g	0.021	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984
Phenylalanine	g	0.066	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	08/1984

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	11/2002

Flavonoids

Flavones

Luteolin ²	mg	0.3	--	0.06	0.1	0.44	--	--	--	--	--	--	--
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Flavonols

Kaempferol ²	mg	0.5	--	0.09	0.15	1.33	--	--	--	--	--	--	--
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Quercetin ²	mg	0.4	--	0.08	0.19	0.76	--	--	--	--	--	--	--
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Isoflavones

Daidzein ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
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Genistein ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
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Total isoflavones ³	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
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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