

Basic Report 11965, Cauliflower, green, raw

Report Date: September 22, 2019 04:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup 64g	1 floweret 25g	1 head, large (6-7" dia) 511g	1 head, medium (5-6" dia) 431g	1 head, small (4" dia) 325g
Proximates							
Water	g	89.79	57.47	22.45	458.83	386.99	291.82
Energy	kcal	31	20	8	158	134	101
Protein	g	2.95	1.89	0.74	15.07	12.71	9.59
Total lipid (fat)	g	0.30	0.19	0.07	1.53	1.29	0.97
Carbohydrate, by difference	g	6.09	3.90	1.52	31.12	26.25	19.79
Fiber, total dietary	g	3.2	2.0	0.8	16.4	13.8	10.4
Sugars, total	g	3.03	1.94	0.76	15.48	13.06	9.85
Minerals							
Calcium, Ca	mg	33	21	8	169	142	107
Iron, Fe	mg	0.73	0.47	0.18	3.73	3.15	2.37
Magnesium, Mg	mg	20	13	5	102	86	65
Phosphorus, P	mg	62	40	16	317	267	202
Potassium, K	mg	300	192	75	1533	1293	975
Sodium, Na	mg	23	15	6	118	99	75
Zinc, Zn	mg	0.64	0.41	0.16	3.27	2.76	2.08
Vitamins							
Vitamin C, total ascorbic acid	mg	88.1	56.4	22.0	450.2	379.7	286.3
Thiamin	mg	0.080	0.051	0.020	0.409	0.345	0.260
Riboflavin	mg	0.102	0.065	0.025	0.521	0.440	0.331
Niacin	mg	0.734	0.470	0.184	3.751	3.164	2.385
Vitamin B-6	mg	0.222	0.142	0.056	1.134	0.957	0.722
Folate, DFE	µg	57	36	14	291	246	185
Vitamin B-12	µg	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	8	5	2	41	34	26
Vitamin A, IU	IU	155	99	39	792	668	504
Vitamin E (alpha-tocopherol)	mg	0.04	0.03	0.01	0.20	0.17	0.13

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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	20.2	12.9	5.0	103.2	87.1	65.7
Lipids							
Fatty acids, total saturated	g	0.047	0.030	0.012	0.240	0.203	0.153
Fatty acids, total monounsaturated	g	0.028	0.018	0.007	0.143	0.121	0.091
Fatty acids, total polyunsaturated	g	0.133	0.085	0.033	0.680	0.573	0.432
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