



CAULIFLOWER NUTRITION FACTS



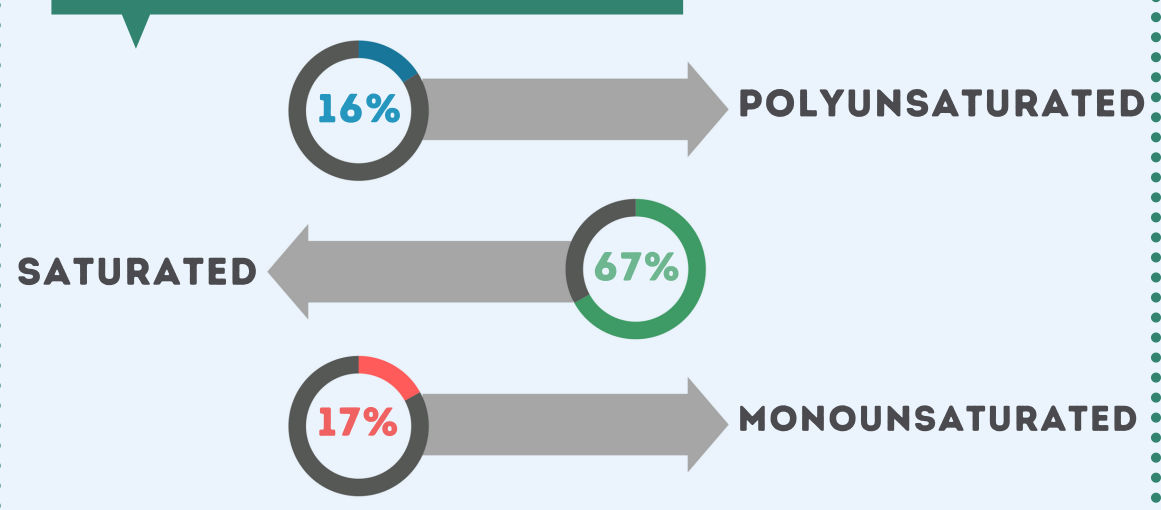
CALORIES 25/100GM

	AMOUNT
CARBOHYDRATE	4.97 G
FAT	0.28 G
PROTEIN	1.92 G
CHOLESTEROL	0.00
FIBER	2.0 G
RIBOFLAVIN	0.060 MG
SODIUM, NA	30 MG
THIAMIN	0.050 MG

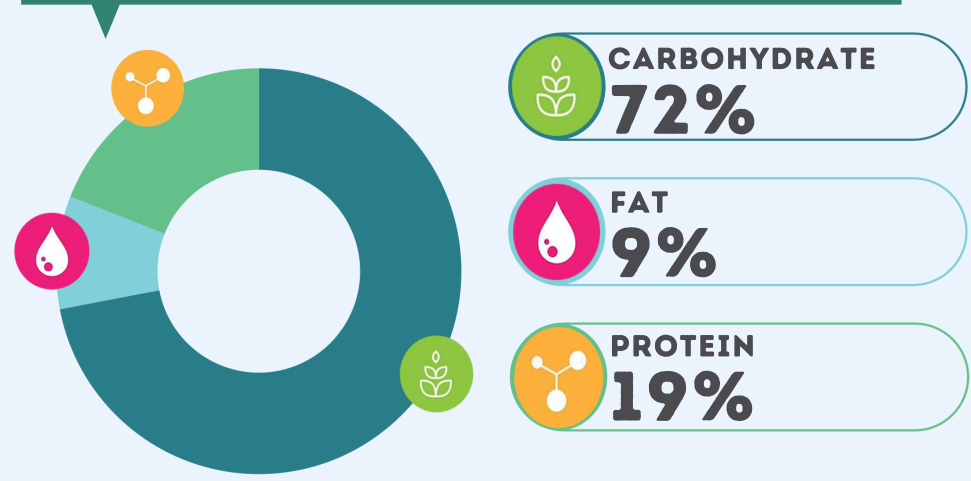
	AMOUNT
NIACIN	0.507 MG
VITAMIN A	0.00
VITAMIN B12	0.00
VITAMIN B6	0.184 MG
VITAMIN C	48.2 MG
VITAMIN D	0.00
FOLATE	57 MCG



FATS AND FATTY ACIDS



CALORIES BY SOURCE



CAULIFLOWER OTHER NAMES

- MBRASSICA OLERACEA
- BLUMENKOHL
- CABBAGE FLOWER
- PHOOL GOBI

MINERALS IN CAULIFLOWER

22 MG	CALCIUM, CA	2 % (DV)
0.039 MG	COPPER, CU	4 % (DV)
0.42 MG	IRON, FE	2 % (DV)
15 MG	MAGNESIUM, MG	4 % (DV)
0.6 MCG	SELENIUM, SE	1 % (DV)
44 MG	PHOSPHORUS, P	6 % (DV)
299 MG	POTASSIUM, K	6 % (DV)
0.27 MG	ZINC, ZN	2 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.