

Nutrition Facts	
Serving Size 1/6 medium head (99g)	
Amount Per Serving	
Calories 25	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	
Vitamin A 0%	Vitamin C 100%
Calcium 2%	Iron 2%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 Protein 4



Varieties: Cauliflower is available in white, green, purple and orange. Cauliflower is also available in baby sized heads which are the size of a baseball. Cauliflower is available in fresh and frozen form, as well as pickled!

Selection: Choose which cauliflower that is creamy white with small "curds" and no browning. Colored varieties should be solid in color. Leaves should be firmly attached and crisp. Avoid heads with florets that are spread out.

Storage and Handling: Store cauliflower wrapped in plastic. Refrigerated, for up to 5 days. Store cut cauliflower in a tightly closed container.

Nutritional Benefits: Cauliflower is high in Vitamin C and is a good source of Folate. Cauliflower makes for a healthy, low calorie snack.

Fun Facts:

- * Cauliflower is a member of the cabbage family!
- * Cauliflower is actually the same species as broccoli, however it has been grown, deprived of sunlight, evolving into what is now a fairly different plant than broccoli.
- * The name Cauliflower comes from the caulis (cabbage) and flower.
- * Orange "Cheddar" cauliflower was formed through natural mutation.
- * The leaves of cauliflower are edible, and can be used to flavor broth.

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Easy Ways To Enjoy Cauliflower

- * Cauliflower is excellent raw, cut into florets and enjoyed as is, or with creamy dips, such as Ranch Dressing or Yogurt!
- * Cauliflower is great boiled, steamed, blanched and then sautéed or stir-fried, and even roasted. Top with cream and cheese and prepare au gratin!
- * Try chopping the florets into tiny curds and sautéing in butter until tender and caramelized.
- * Slice into steaks, sear, deglaze with stock and bake until tender.
- * Stir into rice or pasta dishes or cook, cool and dress for cauliflower salad.

