Arlington School District

Page 1 Recipe Sizing Report Oct 30, 2019

000562 - CAULIFLOWER, raw: fresh 1/2 CUP:

HACCP Process: #1 No Cook

Number of Portions: 1 Size of Portions: 1/2 CUP Alternate Recipe Name: CAULIFLOWER

011135 CAULIFLOWER, RAW... 1/2 cup

*Nutrients are based upon 1 Portion Size (1/2 CUP)

Calories	13	kcal	Cholesterol	0	mg	Sugars	1.0	g	Calcium	11.00	mg	10.08%	Calories from Total Fat
Total Fat	0.14	g	Sodium	15	mg	Protein	0.96	g	Iron	0.21	mg	4.68%	Calories from Sat Fat
Sat Fat	0.07	g	Carbs	2.49	g	Vitamin A	0.0	IU	Water ¹	46.04	g	0.00%	Calories from Trans Fat
Trans Fat ²	0.00	g	D. Fiber	1.00	g	Vitamin C	24.1	mg	Ash ¹	0.38	g	79.52%	Calories from Carbs
												30.72%	Calories from Protein

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

^{* -} denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes optional nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.