

Arlington School District

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

* - 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.