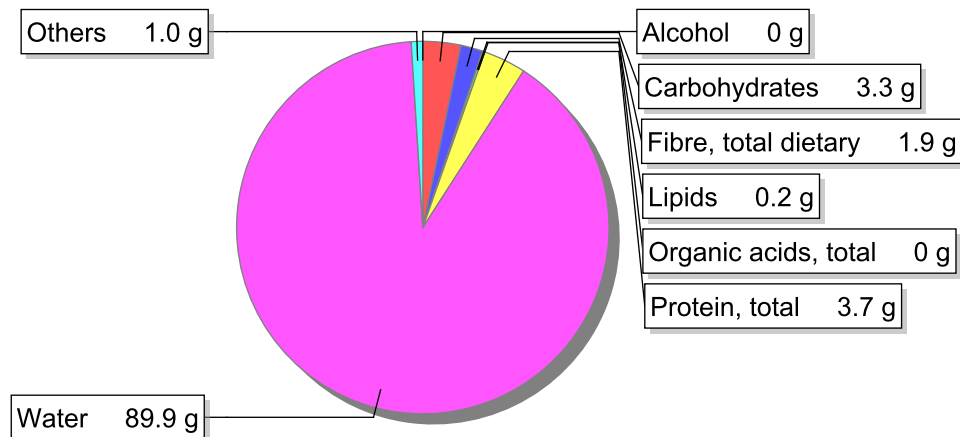


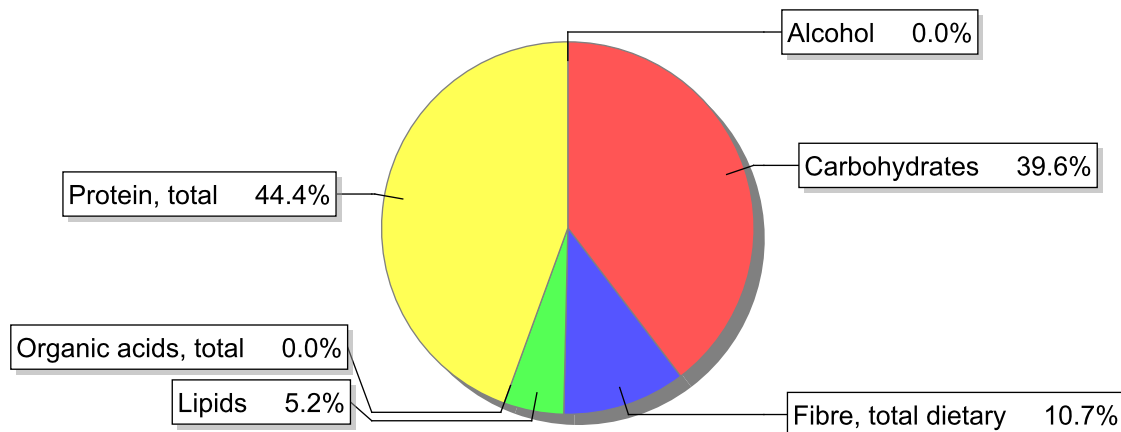
### Food

**Name:** Cauliflower, raw  
**Group:** Vegetables other than legumes  
**Subgroup:** Vegetables other than legumes  
**Edible Part:** 39%  
**Code:** IS556  
**FoodEX2 Code:** A00FR

### Composition [g/100g]



### Energy



### Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	34	kcal	
energy kJ, total metabolisable	142	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	57
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	2.8	g	
sucrose	0.2	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.0	g	
starch, total	0.4	g	
protein, total	3.7	g	57
alcohol	0	g	
water	89.9	g	57
organic acids, total	0	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	5	µg	57
carotene, total (vitamin A precursors)	30	µg	57
vitamin D	0	µg	
alpha-tocopherol	0.22	mg	57
thiamin	0.17	mg	57
riboflavin	0.07	mg	57
niacin, preformed	0.6	mg	
niacin equivalents, total	1.5	mg	
niacin equivalents from tryptophan	0.9	mg	
vitamin B-6, total	0.28	mg	57
vitamin B-12	0	µg	
vitamin C	73	mg	
folate, total	66	µg	
ash	0.95	g	
sodium	14	mg	57
potassium	380	mg	
calcium	21	mg	57
phosphorus	34	mg	57
magnesium	22	mg	57
iron, total	0.5	mg	57
zinc	0.7	mg	57

## Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

## References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB