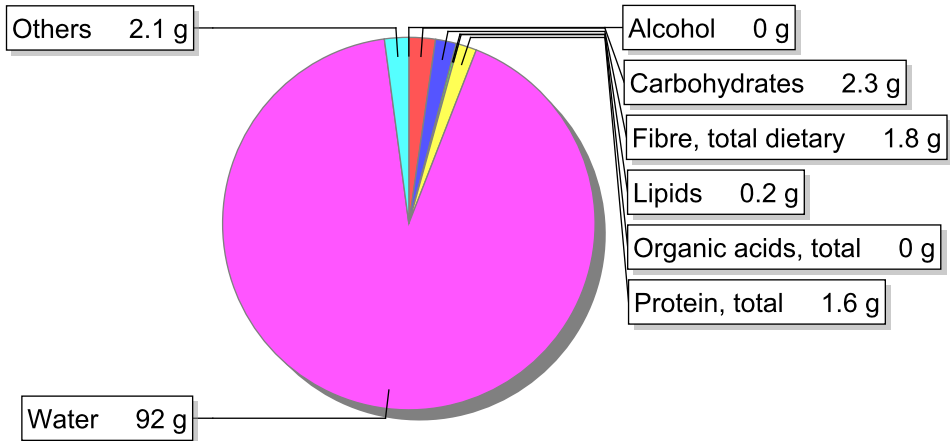


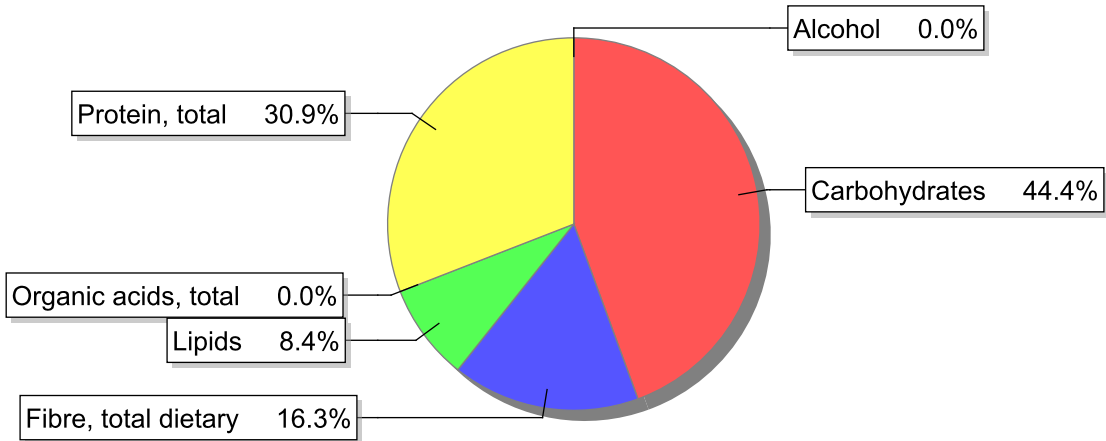
Food

Name: Cauliflower, boiled
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 100%
Code: IS557
FoodEX2 Code: A00FR

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	21	kcal	
energy kJ, total metabolisable	88	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0.1	g	
fatty acids, total trans	0	g	
sugars, total	1.9	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.3	g	
fibre, total dietary	1.8	g	57
protein, total	1.6	g	57
alcohol	0	g	
water	92	g	
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	0.11	mg	
thiamin	0.1	mg	
riboflavin	0.04	mg	
niacin, preformed	0.4	mg	
niacin equivalents, total	1	mg	
niacin equivalents from tryptophan	0.6	mg	
vitamin B-6, total	0.17	mg	
vitamin B-12	0	µg	
vitamin C	45	mg	
folate, total	44	µg	
ash	0.61	g	
sodium	110	mg	
potassium	180	mg	
calcium	19	mg	
phosphorus	29	mg	
magnesium	12	mg	
iron, total	0.4	mg	57
zinc	0.5	mg	

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
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