

Cauliflower



Servings:	100.00	Category:	Vegetable
Serving Size:	4.00 Ounce	HACCP Process:	No Cook
Meal Type:	Lunch	Recipe ID:	R-54381

Ingredients

Description	Measurement	Prep Instructions	DistPart #
CAULIFLOWER BITE SIZE	20 Pound		732486

Preparation Instructions

Thoroughly wash and dry cauliflower florets. Trim into small bite-sized pieces. Serve in 4 oz portions.

Meal Components

Amount Per Serving

Meat/Meat Alternate	0.000
Grain	0.000
Fruit	0.000
DarkGreen	0.000
Red/Orange	0.000
OtherVeg	0.727
Beans, Peas, and Lentils	0.000
Starchy	0.000

Nutrition Facts

Servings Per Recipe: 100.00

Serving Size: 4.00 Ounce

Amount Per Serving			
Calories	18.18		
Fat	0.15g		
Saturated Fat	0.15g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	21.82mg		
Carbohydrates	2.91g		
Fiber	1.45g		
Total Sugar	1.45g		
Added Sugar	0.00g		
Protein	1.45g		
Vitamin A	0.00mcg	Vitamin C	35.05mg
Calcium	16.00mg	Iron	0.31mg

Nutrition - Per 100g

Calories	16.03		
Fat	0.13g		
Saturated Fat	0.13g		
Trans Fat	0.00g		
Cholesterol	0.00mg		
Sodium	19.24mg		
Carbohydrates	2.57g		
Fiber	1.28g		
Total Sugar	1.28g		
Added Sugar	0.00g		
Protein	1.28g		
Vitamin A	0.00mcg	Vitamin C	30.91mg
Calcium	14.11mg	Iron	0.27mg