

# Steamed Cauliflower

<b>Servings:</b>	60.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	0.50 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-45018

## Ingredients

Description	Measurement	DistPart #
CAULIFLOWER BITE SIZE	12 1/2 Pound	732486

## Preparation Instructions

COOK CAULIFLOWER TO INTERNAL TEMPERATURE OF 135 TO 145°. STORE IN WARMER UNTIL SERVICE.

### Meal Components

Amount Per Serving

<b>Meat/Meat Alternate</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>DarkGreen</b>	0.000
<b>Red/Orange</b>	0.000
<b>OtherVeg</b>	0.500
<b>Beans, Peas, and Lentils</b>	0.000
<b>Starchy</b>	0.000

### Nutrition Facts

Servings Per Recipe: 60.00

Serving Size: 0.50 Cup

Amount Per Serving	
<b>Calories</b>	23.44
<b>Fat</b>	0.19g
<b>Saturated Fat</b>	0.19g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	28.13mg
<b>Carbohydrates</b>	3.75g
<b>Fiber</b>	1.88g
<b>Total Sugar</b>	1.88g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.88g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 45.19mg
<b>Calcium</b> 20.63mg	<b>Iron</b> 0.39mg

## Nutrition - Per 100g

<b>Calories</b>	24.80
<b>Fat</b>	0.20g
<b>Saturated Fat</b>	0.20g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	29.76mg
<b>Carbohydrates</b>	3.97g
<b>Fiber</b>	1.98g
<b>Total Sugar</b>	1.98g
<b>Added Sugar</b>	0.00g
<b>Protein</b>	1.98g
<b>Vitamin A</b> 0.00mcg RAE	<b>Vitamin C</b> 47.82mg
<b>Calcium</b> 21.83mg	<b>Iron</b> 0.42mg