



IQF Cauliflower

ITEMS: Pearls/Blends/Florets

NUTRITIONAL COMPOSITION OF VEGETABLES (APPROXIMATE)

Nutrient	Units	<u>Value per 100 grams</u>
Water	gms	92.51
Calories	kcal	24.00
Protein	gms	2.01
Fat*	gms	0.27
Carbohydrates	gms	4.68
Sugars	gms	2.40
Fiber	gms	2.30
Ash	gms	0.53
Calcium	mg	22.00
Iron	mg	0.54
Magnesium	mg	12.00
Phosphorus	mg	35.00
Potassium	mg	193.00
Sodium	mg	24.00
Zinc	mg	0.17
Ascorbic Acid	mg	48.8
Thiamin	mg	0.05
Riboflavin	mg	0.07
Niacin	mg	0.43
Pantothenic	mg	0.14
Vitamin B6	mg	0.12
Folacin	mcg	64.00
Vitamin A	IU	31.00
<u>*Fat Analysis</u>	Saturated	15 %
	Monounsaturated	7 %
	Polyunsaturated	47 %
	Other	31 %

This information is presented in good faith as typical. However, due to the variability of raw materials and processing, it is not guaranteed that these values are accurate for any specific lots of products supplied.