**Topic of Assignment**

**NUTRITIONAL VALUE OF CAULIFLOWER**

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**SARGODHA, PAKISTAN**

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| Nutritional Value of Cauliflower ([*Brassica oleracea*](https://en.wikipedia.org/wiki/Brassica_oleracea)) Per 100 g  **Prepared by: Razia Naz**    **Cauliflower is famous for**   1. **Vitamin C** 2. **Potassium** | | |
| Energy | 25 Kcal | |
| Carbohydrate | 4.97 g | |
| Total fat | 0.28 g | |
| Protein | 1.92 g | |
| Dietary fiber | 2 g | |
| Cholesterol | 0 mg | |
| Vitamins | | |
| Vitamin A | 0 IU | |
| Thiamine (B1) | 0.050 mg | |
| Riboflavin (B2) | 0.060 mg | |
| Niacin (B3) | 0.507 mg | |
| Pantothenic acid (B5) | 0.667 mg | |
| Pyridoxine | 0.184 mg | |
| Folate (B9) | 57 µg | |
| Vitamin C | **48.2 mg** | |
| Vitamin K | 15.5 µg | |
| Vitamin E | 0.08 mg | |
| Minerals | | |
| Calcium | | 22 mg |
| Copper | | 0.039 mg |
| Iron | | 0.42 mg |
| Magnesium | | 15 mg |
| Manganese | | 0.155 mg |
| Zinc | | 0.27 mg |
| Sodium | | 30 mg |
| Potassium | | **299 mg\*** |
| Phyto-nutrients (Act as Antioxidants) | | |
| Carotene-ß | | 0 µg |
| Lutein-zeaxanthin | | 1 µg |
| Source: USDA National Nutrient Database | | |

**REFERENCE:**

* <http://www.nutrition-and-you.com/cauliflower.html>