**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>