

Cauliflower

Nutrition Facts

About 9 servings per container

Serving size1 1/2 cup (100g)

Amount per serving

Calories25

	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%

Protein 2g

Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.5mg	2%
Potassium 300mg	9%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet 2,000 calories a day is used for general nutrition advice.
*Nutritional Values based on the FDA.