

Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

Orange Cauliflower

Cauliflower are tall yearly plants that bear large rounded leaves, and form in clusters with a succulent head at the top. The edible flesh under the leaves are actually an immature cluster of flowers with a crunchy cruciferous texture.



How to Select and Store:

Fresh - Selection

FIRM FLESH **HEAVY WEIGHT** **UNIFORM COLOR**

Select cauliflower that have a clean, compact, heavy head with tightly closed bud clusters. Avoid heads with loose or crumbly florets, brown spots, or dull color. The leaves should look fresh and green.

Orange and purple cauliflower are higher in antioxidants than white cauliflower.

Fresh - Storage



LOOSE OR PERFORATED PLASTIC BAG IN THE REFRIGERATOR.

Cauliflower needs air circulation to stay fresh. This helps keep moisture from evaporating out of the vegetable's cells.

Cauliflower flourishes in light humidity so wrapping cauliflower in a damp paper towel may help maintain moisture.

| Nutrition Facts | |
|---|--------------------------------|
| Serving Size 1/6 medium head (99g) | |
| Amount Per Serving | |
| Calories 25 | Calories from Fat 0 |
| % Daily Value* | |
| Total Fat 0g | 0% |
| Saturated Fat 0g | 0% |
| Trans Fat 0g | 0% |
| Cholesterol 0mg | 0% |
| Sodium 30mg | 1% |
| Total Carbohydrate 5g | 2% |
| Dietary Fiber 2g | 8% |
| Sugars 2g | |
| Protein 2g | |
| Vitamin A 0% | Vitamin C 100% |
| Calcium 2% | Iron 2% |
| * Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: | |
| | Calories 2,000 2,500 |
| Total Fat | Less Than 65g 80g |
| Saturated Fat | Less Than 20g 25g |
| Cholesterol | Less Than 300mg 300mg |
| Sodium | Less Than 2,400mg 2,400mg |
| Total Carbohydrate | 300g 375g |
| Dietary Fiber | 25g 30g |
| Calories per gram: | |
| Fat 9 | Carbohydrate 4 Protein 4 |

Tips for Preparing and Cooking:

Preparation

Thoroughly wash cauliflower and pat dry. Remove surrounding green leaves. Cut off individual florets from the central stem and make sure they are comparable in size for uniform cooking.

Try cauliflower...

Raw

Enjoy fresh cauliflower florets as a snack dipped in hummus or tzatziki. Also, try it chopped in a salad with herbs and a light dressing.

Sautéed

Try sliced cauliflower sautéed in oil for brown, crispy edges. Season with salt, pepper, and garlic, and enjoy!

Oven Roasted

Roast seasoned cauliflower in the oven at 425 degrees for 15-20 minutes for an easy delicious side dish for lunch or dinner!



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Did you know?

Cauliflower can reach up to 1.5 feet tall! It is in the Brassicaceae family and is related to broccoli, brussels sprouts, kale, and cabbage.