NEP Nutrition Education Program

University of Nebraska Lincoln EXTENSION

Cauliflower

Selection:

Choose cauliflower with compact, creamy white curds and bright, firmly attached leaves. Avoid cauliflower with brown spots or loose sections.

Storage:

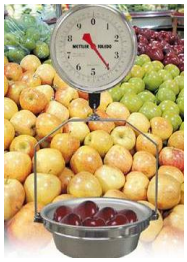
Store unwashed cauliflower in a plastic bag in refrigerator for up to 2 weeks. Store washed and cut cauliflower in a plastic bag in the refrigerator for up to 1 week.

Uncut and in the refrigerator: Up to 2 weeks
Cut and in the refrigerator: Up to 1 week

Use:

Rinse thoroughly before preparing. Remove the stem leaves and cut the stem just above where the florets join together. Separate the florets. Cauliflower can be eaten raw, boiled, steamed, microwaved, or baked.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the amount of cauliflower you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Cauliflower

Use this table to find the total cost.
Example: What is the total cost for 2 lbs of cauliflower at $1.49 per lb? **2 lbs x $1.49 = $2.98**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

IANR

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Nutrition:

1 cup Cauliflower

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%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for a 1 cup cauliflower. All cauliflower are not the same size, but you can use this to estimate the nutrition content for smaller or larger cauliflower.

Recipe:

Spicy Cauliflower Tapas

Preparation Time: 30 minutes
Serves 4
Cups of Vegetables per Serving: 2

Ingredients:

2 teaspoons olive oil
2 cloves garlic, peeled and minced
1½ teaspoons red pepper flakes
1 head of cauliflower, separated into florets
⅓ cup lemon juice
1 tablespoon lemon peel, grated
½ cup cilantro, chopped

Preparation:

1.) Heat olive oil in a small skillet, add garlic and red pepper flakes. Remove from heat and cool completely.
2.) Steam the cauliflower.
3.) Place cauliflower in a medium-sized bowl. Add lemon juice and grated lemon peel to cooled flavored oil and mix well. Pour over warm cauliflower. Toss gently and cool.
4.) Just before serving, toss with chopped cilantro.

Nutrition Information per Serving:
Calories 84, Total Fat 2.7 g, Saturated Fat 0.4 g, Cholesterol 0 mg, Sodium 65 mg, Carbohydrates 14 g, Dietary Fiber 6 g, Protein 4 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.