



Cauliflower

The Health Benefits of Cauliflower

Cauliflower is a member of the cruciferous family. Other members include broccoli and cabbage. It can be found in different varieties. Darker colored heads also contain the antioxidant beta carotene. Compounds in cauliflower work together to reduce inflammation.

One cup of raw or 1/2 cup cooked cauliflower provides:

- 25 Calories, 2 gm protein, 3 grams fiber, 0 fat, no cholesterol

Nutrients in Cauliflower

- Very high in vitamins C, K, folate and other B vitamins; good source of minerals manganese and magnesium; high fiber
- High antioxidants protect against cancer, heart disease & diabetes
- One of the few foods that contains choline, important for brain development and healthy nervous system
- Try eating raw in salads or with hummus. Substitute cooked mashed cauliflower for mashed potatoes

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