



# Parmesan Cauliflower

Component: Vegetable

Recipe Category

Recipe # KSU Developed

## Notes:

Nutrient information calculated using Food Processor

## Marketing Guide for Selected Items

| Food as Purchased for | 50 Servings | 100 Servings |
|-----------------------|-------------|--------------|
|                       |             |              |
|                       |             |              |
|                       |             |              |
|                       |             |              |

## Serving: ½ cup

1-2 years: varies see menu  
 3-5 years: varies see menu  
 6-18 years: varies see menu

## Yield:

50 Servings:  
  
 100 Servings:

## Volume:

50 Servings:  
  
 100 Servings:

## Nutrients Per Serving

|                     |         |                      |              |                      |                        |
|---------------------|---------|----------------------|--------------|----------------------|------------------------|
| <b>Calories</b>     | 84 kcal | <b>Saturated Fat</b> | 0.87 g       | <b>Iron</b>          | 0.74 mg                |
| <b>Protein</b>      | 2.94 g  | <b>Cholesterol</b>   | 1.72 mg      | <b>Calcium</b>       | 47.64 mg               |
| <b>Carbohydrate</b> | 9.90 g  | <b>Vitamin A</b>     | 5.28 RAE mcg | <b>Sodium</b>        | 179.17 mg              |
| <b>Total Fat</b>    | 3.91 g  | <b>Vitamin C</b>     | 28.34 mg     | <b>Dietary Fiber</b> | 1.62 g (2016 = 1.20 g) |