

# Cauliflower

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Cauliflower, frozen OR Cauliflower, fresh, whole OR Cauliflower, fresh, florets, ready to use	10 lb 15 oz OR 11 lb 7 oz OR 7 lb 2 oz				<ol style="list-style-type: none"> <li>1. For fresh cauliflower, trim and then wash under cold running water.</li> <li>2. Cut the florets into ½-inch pieces.</li> <li>3. Steam or boil about 7-9 minutes. For boiling, only add enough water to cover the cauliflower.</li> <li>4. Remove from heat when pieces are tender and can be easily cut with a fork.</li> <li>5. CCP: Cook to a temperature of 135° F or above.</li> <li>6. CCP: Hold at 135° F or warmer.</li> <li>7. Drain and serve.</li> </ol>

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## Notes:

Nutrients calculated using Food Processor for cauliflower, boiled, drained, 1" pieces

**Serving:** 1/2 cup cooked, drained vegetable

1-2 years: 1/8 cup

3-5 years: 1/4 cup

6-18 years: varies, see menu

## Nutrients Per Serving

<b>Calories</b>	14.26	<b>Saturated Fat</b>	0.04 g	<b>Iron</b>	0.20 mg
<b>Protein</b>	1.14 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	9.92 mg
<b>Carbohydrate</b>	2.55 g	<b>Vitamin A</b>	0.37 RAE mcg	<b>Sodium</b>	9.30 mg
<b>Total Fat</b>	0.28 g	<b>Vitamin C</b>	27.47 mg	<b>Dietary Fiber (2016)</b>	1.34 g