

Cauliflower

Component: Vegetable

Side Dish

Recipe #KSU Developed

	50 Servings		_____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
Cauliflower, frozen OR Cauliflower, fresh, whole, trimmed 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"> 1. For fresh cauliflower, trim and then wash under cold running water. 2. Cut the florets into ½-inch pieces. 3. Steam or boil about 7-9 minutes. For boiling, only add enough water to cover the cauliflower. 4. Remove from heat when pieces are tender and can be easily cut with a fork. 5. CCP: Cook to a temperature of 135° F or above. 6. CCP: Hold at 135° F or warmer. 7. Drain and serve.

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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: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

Nutrients Per Serving

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