

# Cauliflower

Component: Vegetable

Side Dish

Recipe #KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Cauliflower, fresh, whole, trimmed OR Cauliflower, fresh, florets, ready to use OR Cauliflower, frozen	11 lb 7 oz OR 7 lb 2 oz OR 10 lb 15 oz				<p><i>Thoroughly rinse the surface of fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> <li>For fresh whole cauliflower, trim into florets.</li> <li>Cut the florets into ½-inch pieces.</li> <li>Steam or boil about 7-9 minutes. For boiling, only add enough water to cover the cauliflower.</li> <li>Remove from heat when pieces are tender and can be easily cut with a fork.</li> </ol> <p>Internal temperature taken at the center of the thickest part of the food must reach a minimum of 135°F.</p> <ol style="list-style-type: none"> <li>Drain and serve.</li> </ol> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F.</i></p>

**Notes:**

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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

<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