



# Cauliflower

## Nutrition Facts

1 Cup (107 grams):

- 25 Calories
- Excellent source of Vitamin C (60%) and Pantothenic Acid (20%)
- Good source of Folate (15%)
- Good source of Vitamin B6 (10%) and Vitamin K (15%)

## Dole Recipe: Sesame-Ginger Cauliflower and Broccoli Salad

(More recipes available at Dole.com)



Serves: 6

Prep Time: 15 minutes

Cook Time: 4 minutes

### Ingredients:

- 3 cups DOLE® Cauliflower florets, sliced
- 3 cups DOLE Broccoli florets, sliced
- 2 cups thinly sliced fresh DOLE Tropical Gold Pineapple
- 1 pkg. (5 ounce) DOLE Organic Super Spinach
- Sesame-Ginger Dressing (recipe below)
- 2 tablespoons black sesame seeds

### Directions:

- Toss cauliflower, broccoli, pineapple and salad greens with Sesame-Ginger Vinaigrette.
- Arrange on six salad plates or a serving platter and sprinkle with sesame seeds before serving.

### Sesame-Ginger Vinaigrette:

Combine 3 tablespoons sliced DOLE Green Onions, 2 tablespoons chopped cilantro, 1 tablespoon sesame oil, 1 tablespoon rice vinegar, 1 tablespoon grated fresh ginger, 1½ teaspoons honey, 1½ teaspoons water, and 1 teaspoon minced garlic in a small bowl. Makes about ⅓ cup.



## Nutrition Facts

servings per container  
**Serving size One cup (107g)**

**Amount per serving**  
**Calories 25**

Calories from Saturated Fat 0

**% Daily Value\***

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 30mg **1%**

**Total Carbohydrate** 5g **2%**

Dietary Fiber 2g **7%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

**Protein** 2g

Vit. D 0mcg 0% • Calcium 24mg 2%

Iron 0mg 0% • Potas. 320mg 6%

Vit. C 52mg 60% • Vit. K 17mcg 15%

Vit. B<sub>6</sub> 0.2mg 10% • Riboflavin 0.1mg 8%

Folate 61mcg DFE 15%

Pantothenic Acid 1mg 20%

Molybdenum 5mcg 10%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Cauliflower Rice

Make a low-calorie, nutrient-packed side dish with a few simple steps:



**Step 1:**

Pulse cauliflower florets in a food processor until it resembles couscous.



**Step 2:**

Heat 1 tablespoon olive oil over medium heat in a large skillet with a lid.



**Step 3:**

Add cauliflower. Season with salt and pepper. Cook and stir for 1 minute.



**Step 4:**

Cover and cook for 5 to 6 min., stirring once. Garnish with sliced green onions.

## Research

Institutions worldwide have studied cauliflower and its important nutrients. Here are a few relevant studies and nutrition talking points:

Isothiocyanates found in cauliflower may inhibit the development of tumors.

*Isothiocyanates as cancer chemopreventive agents: their biological activities and metabolism in rodents and humans.* Conaway CC1, Yang YM, Chung FL. *Curr Drug Metab.* Volume 3, Issue 3, 233-55, June 2002.

Cauliflower may help suppress breast cancer.

*Mechanisms of action and antiproliferative properties of Brassica oleracea juice in human breast cancer cell lines.* Brandi G1, Schiavano GF, Zaffaroni N, De Marco C, Paiardini M, Cervasi B, Magnani M. *J Nutr.* Volume 135, Issue 6, 1503-9, June 2005.

Cauliflower may help calm colon inflammation of ulcerative colitis.

*Dietary phenethylisothiocyanate attenuates bowel inflammation in mice.* Moul Dey, Peter Kuhn, David Ribnicky, VummidiGiridhar Premkumar, Kenneth Reuhl and Ilya Raskin. *BMC Chemical Biology.* Volume 10, Issue 4, April 2010.

Eating cauliflower may lower risk of prostate cancer.

*Prospective study of fruit and vegetable intake and risk of prostate cancer.* Kirsh VA, Peters U, Mayne ST, Subar AF, Chatterjee N, Johnson CC, Hayes RB. *J Natl Cancer Inst.* Volume 99, Issue 15, 1200-9, August 2007.

Eating Brassica vegetables like cauliflower may help lower risk of colon cancer.

*Vegetable and fruit consumption and risks of colon and rectal cancer in a prospective cohort study: The Netherlands Cohort Study on Diet and Cancer.* Voorrips LE, Goldbohm RA, van Poppel G, Sturmans F, Hermus RJ, van den Brandt PA. *Am J Epidemiol.* Volume 152, Issue 11, 1081-92, December 2000.

Eating cauliflower may help lower risk of lung cancer.

*Prospective study of fruit and vegetable consumption and risk of lung cancer among men and women.* Feskanich D, Ziegler RG, Michaud DS, Giovannucci EL, Speizer FE, Willett WC, Colditz GA. *J Natl Cancer Inst.* Volume 92, Issue 22, 1812-23, November 2000.

## Tweets

#DYK #Cauliflower is jam-packed w/ nutrients. One cup is an excellent source of vitamins C & K & a good source of vitamin B6 & folate

Lighten up your side dish w/ mashed #cauliflower. Creamy & comforting yet low in calories!

Roasted #cauliflower is an easy go-to side. Season w/ olive oil + curry powder or garlic & lemon

#Cauliflower is a blank canvas for flavor. RT w/ your favorite #cauliflower recipe

## Observances

Thursday before Memorial Day: National Eat More Fruits and Vegetables Day

June 17: National Eat Your Vegetables Day

