

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"> For fresh whole cauliflower, trim into florets. Cut the florets into ½-inch pieces. Steam or boil about 7-9 minutes. For boiling, only add enough water to cover the cauliflower. Remove from heat when pieces are tender and can be easily cut with a fork. <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"> Drain and serve. <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

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