



- Cauliflower is in the same family as cabbage, Brussel sprouts, kale, broccoli and collard greens.
- Orange cauliflower is probably one of the most delicious of cauliflower that you can ever eat. Many people who do not like the taste of White Cauliflower will find that the sweet and mild taste of the Orange Cauliflower is much better and easier to eat.
- Purple Cauliflower, rich in tannins, is best enjoyed raw or “al dente”. A quick in-and-out in the skillet will release all its taste.
- Purple Cauliflower is surprisingly much better for us than White Cauliflower. It can be eaten raw and steamed. If cooked the cauliflower will lose its purple color and turn green—which isn’t bad.

Nutrition Facts			
Serving Size 1/6 medium head (99g)			
Amount Per Serving			
Calories 25	Calories from Fat 0		
% Daily Value*			
Total Fat 0g	0%		
Saturated Fat 0g	0%		
Trans Fat 0g	0%		
Cholesterol 0mg	0%		
Sodium 30mg	1%		
Total Carbohydrate 5g	2%		
Dietary Fiber 2g	8%		
Sugars 2g			
Protein 2g			
Vitamin A 0%	Vitamin C 100%		
Calcium 2%	Iron 2%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
Fat	9	Carbohydrate	4
		Protein	4

