



Cauliflower, Florets

Purchasing Specifications

Availability:

Year round

Pack Size:

4/3 lb

FreshCut produce general cold-chain management:

- Regardless of the greatness of our quality... if the cold chain is broken, it destroys the integrity of our produce.
- Temperatures below 32°F destroy the cell structure of the produce and cause it to bleed and go limp.
- Temperatures above 40°F cause the shelf life to be shortened drastically.
- Take extra care to maintain accurate temperatures in coolers and keep them well maintained to avoid breakdowns.
- Pay close attention during the season changes.

FreshCut produce general cooler tips:

- The coolest place in the cooler is in the back on the lowest storage shelf (cold air drops).
- Make sure coils are cleaned on regular basis.
- Keep strip curtains in good condition and straight.
- Always keep the cooler door closed.
- Keep trips in and out of the cooler to a minimum.



- Flesh Description; A mild, nubby texture and crumbly crunch.
- Scientific Name: Brassica oleracea var. botrytis
- Usage: Good eaten fresh or cooked.
- Outside Coloring: Light green to green.
- Skin Texture: Nubby texture and crumbly crunch.
- Shape: Smooth stem with large white nubby head partially encased with green leaves.
- Phytochemical: Sulphoraphane and Indoles.
- Taste: Truly fresh cauliflower tastes nutty and mild.

Nutrition Facts

Serving Size: 1 cup

Amount Per Serving

Calories 25	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 1mg	0%
Total Carbohydrates 5g	4%
Dietary Fiber 2g	8%
Sugars 2g	
Protein 2g	4%
Potassium 299mg	6%
Vitamin A 0%	Vitamin C 64%
Calcium 2%	Iron 2%

*Percent Daily Values are based on a 2,000-calorie diet.