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- 25 Calories, 2 gm protein, 3 grams fiber, 0 fat, no cholesterol
- One cup of raw or 1/2 cup cooked cauliflower provides:
- Nutrients in Cauliflower**
- Very high in vitamins C, K, folate & other B vitamins; good source of minerals manganese & magnesium; high in dietary fiber
- High antioxidants protect against cancer, heart disease & diabetes
- One of the few vegetables that contain choline, important for brain development and nervous system health
- Try eating raw in salads or with hummus; Substitute cooked, mashed cauliflower for mashed potatoes

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