

Nutrition Facts for Cauliflower "Steak"

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 0g		1%	Total Carb. 8g
	Saturated Fat 0g	1%	Fiber 3g	14%
	<i>Trans</i> Fat 0g		Total Sugars 3g	
Serving size: 1 Portion	Cholesterol 0mg	0%	Incl. 0g Added Sugars	0%
	Sodium 50mg	2%	Protein 3g	
Calories per serving	45 Vitamin D 0% · Calcium 2% · Iron 4% · Potassium 15%			

Ingredients

Cauliflower

Characteristics

Vegan · Gluten Free · Dairy Free · Corn Free · Tree Nut Free · Peanut Free

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