

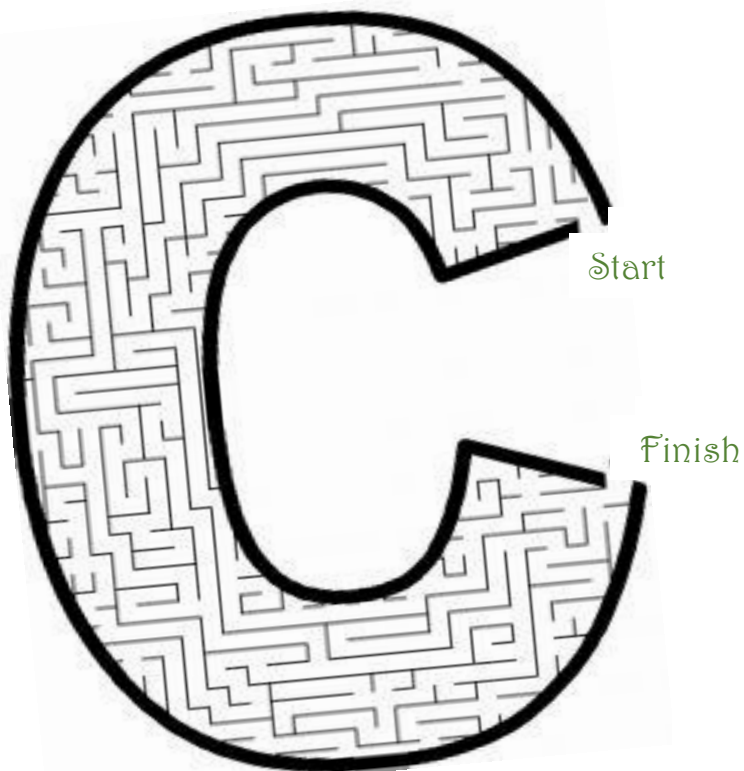
# Cauliflorets

Cauliflower's flavor is mild with a slightly nutty flavor, a taste which is amplified when roasted.

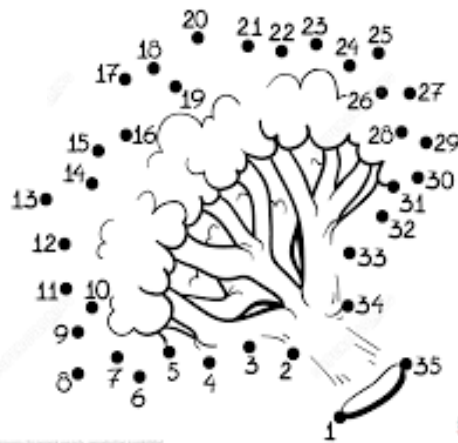
The entire Cauliflower, its leaves, trunk, stems

and florets are all edible.

Find your way  
through the maze!



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## Nutrition

One cup of raw cauliflower provides over 75% of the daily minimum target for vitamin C!