

CAULIFLOWER

INDIAN CAULIFLOWER EXPORTERS

- Cauliflower is a vegetable from the species *Brassica oleracea*. It is a vegetable used in many cuisines around the world. The cauliflower exporter in India exports tonnes of cauliflower to different parts of the world. The cauliflower export has been on a rise since a few years due to its growing popularity. Cauliflower import from India is worth around a huge amount now.



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INGREDIENTS

Nutrients

Calories - 25 calories, Dietary Fiber - 2 g
Carbohydrate 5 g

Minerals

Calcium, Iron, Potassium

Vitamins

Vitamin C, Vitamin K

Protein

22g

Fats

