

Cauliflower comes in multiple colors.

Cauliflowers are not only white.

The colored cauliflowers, like the white variety, are members of the cruciferous vegetable family. They have a similar texture and taste—mild, sweet, and nutty. The major difference is their color and with color, a slight difference in nutritional value.



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- Purple cauliflower gets its color from anthocyanin, a naturally occurring phytochemical that is also found in other red, blue, or purple fruits and vegetables, as well as red wine.
- Carotenoids are responsible for the colour of orange cauliflower; carotenoids are also found in carrots, squash, and many other yellow vegetables and fruits.
- Orange cauliflower was created as a result of a genetic mutation that allowed it to contain more beta-carotene than white cauliflower.
- Green cauliflower, also known as broccoflower, is a hybrid of broccoli and cauliflower. Green cauliflower contains more beta carotene than white cauliflower, but less than broccoli.



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