

Broccoli vs Cauliflower (vsdiff.com)

Attribute	Broccoli (per 100g, raw, approx.)	Cauliflower (per 100g, raw, approx.)
Calories	~34 kcal	~25 kcal
Protein	~2.8 g	~1.9 g
Vitamin C	~89 mg	~48 mg
Dietary fiber	~2.6 g	~2.0 g
Dominant phytochemicals	<i>Glucoraphanin</i> → <i>sulforaphane</i> (higher)	<i>Glucosinolates</i> (different profile; often lower glucoraphanin)
Typical texture & flavor	Firm stalks, green , mildly bitter, vegetal	Compact white head, tender curds, mild and nutty
Common culinary roles	Steaming, stir-fry, roasting, raw florets	Roasting, mashing, purees, low-temp steaming

Source: <https://vsdiff.com/broccoli-vs-cauliflower/>