



EGGPLANT NUTRITION FACTS

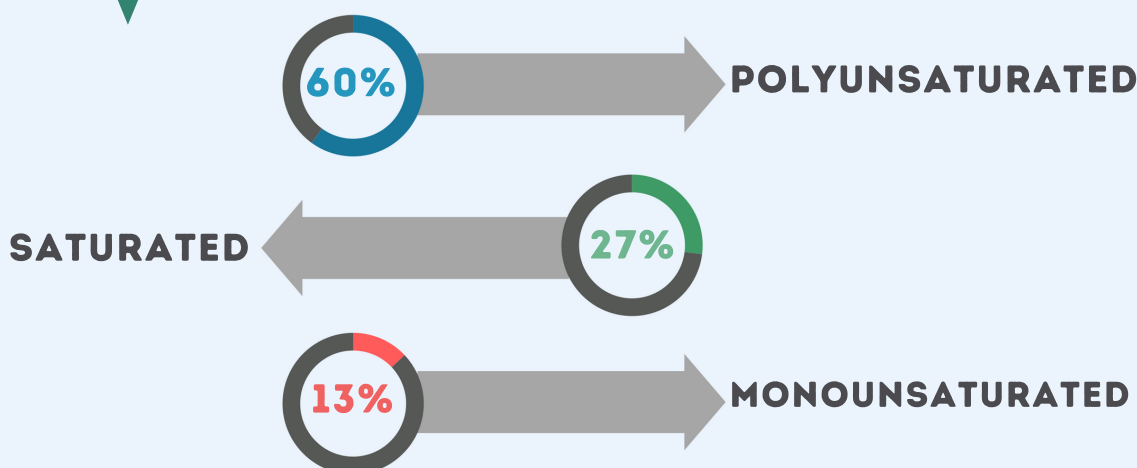


CALORIES 25/100GM

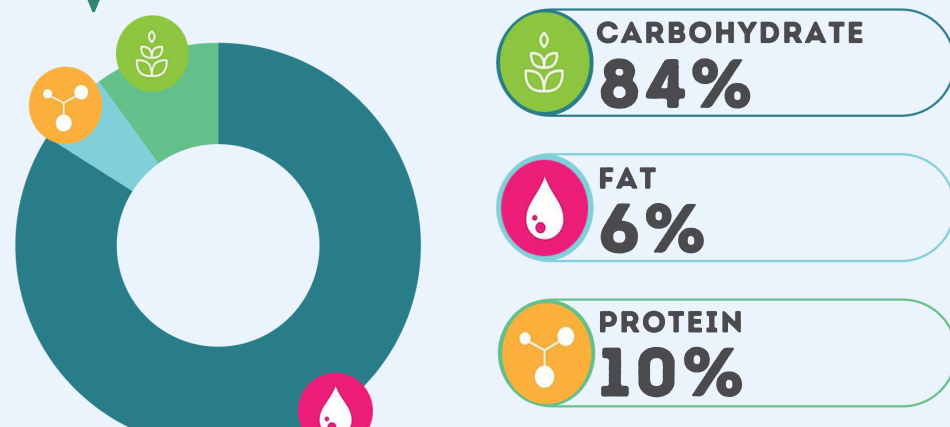
	AMOUNT		AMOUNT
CARBOHYDRATE	5.88 G	NIACIN	0.649 MG
FAT	0.18 G	VITAMIN A	1.00 MCG
PROTEIN	0.98 G	VITAMIN B12	0.00
CHOLESTEROL	0.00	VITAMIN B6	0.084 MG
FIBER	3.0 G	VITAMIN C	2.2 MG
RIBOFLAVIN	0.037 MG	VITAMIN D	0.00
SODIUM, NA	2.00 MG	FOLATE	22 MCG
THIAMIN	0.039 MG		



FATS AND FATTY ACIDS



CALORIES BY SOURCE



EGGPLANT OTHER NAMES

SOLANUM MELONGENA
AUBERGINE
GUINEA SQUASH
BRINJAL

MINERALS IN EGGPLANT

9.00 MG	CALCIUM, CA	1 % (DV)
0.081 MG	COPPER, CU	9 % (DV)
0.23 MG	IRON, FE	1 % (DV)
14 MG	MAGNESIUM, MG	4 % (DV)
0.3 MCG	SELENIUM, SE	1 % (DV)
24 MG	PHOSPHORUS, P	3 % (DV)
229 MG	POTASSIUM, K	5 % (DV)
0.16 MG	ZINC, ZN	1 % (DV)

THE DAILY VALUES (DV) ARE REFERENCE AMOUNTS (EXPRESSED IN GRAMS, MILLIGRAMS, OR MICRO-GRAMS) OF NUTRIENTS TO CONSUME OR NOT TO EXCEED EACH DAY.