

## Basic Report 11209, Eggplant, raw

Report Date: September 21, 2019 17:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, cubes 82g	1 eggplant, peeled (yield from 1-1/4 lb) 458g	1 eggplant, unpeeled (approx 1-1/4 lb) 548g
<b>Proximates</b>					
Water	g	92.30	75.69	422.73	505.80
Energy	kcal	25	20	114	137
Protein	g	0.98	0.80	4.49	5.37
Total lipid (fat)	g	0.18	0.15	0.82	0.99
Carbohydrate, by difference	g	5.88	4.82	26.93	32.22
Fiber, total dietary	g	3.0	2.5	13.7	16.4
Sugars, total	g	3.53	2.89	16.17	19.34
<b>Minerals</b>					
Calcium, Ca	mg	9	7	41	49
Iron, Fe	mg	0.23	0.19	1.05	1.26
Magnesium, Mg	mg	14	11	64	77
Phosphorus, P	mg	24	20	110	132
Potassium, K	mg	229	188	1049	1255
Sodium, Na	mg	2	2	9	11
Zinc, Zn	mg	0.16	0.13	0.73	0.88
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	2.2	1.8	10.1	12.1
Thiamin	mg	0.039	0.032	0.179	0.214
Riboflavin	mg	0.037	0.030	0.169	0.203
Niacin	mg	0.649	0.532	2.972	3.557
Vitamin B-6	mg	0.084	0.069	0.385	0.460
Folate, DFE	µg	22	18	101	121
Vitamin B-12	µg	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	1	1	5	5
Vitamin A, IU	IU	23	19	105	126
Vitamin E (alpha-tocopherol)	mg	0.30	0.25	1.37	1.64

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 cup, cubes 82g</b>	<b>1 eggplant, peeled (yield from 1-1/4 lb) 458g</b>	<b>1 eggplant, unpeeled (approx 1-1/4 lb) 548g</b>
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0	0.0
Vitamin D	IU	0	0	0	0
Vitamin K (phylloquinone)	µg	3.5	2.9	16.0	19.2
<b>Lipids</b>					
Fatty acids, total saturated	g	0.034	0.028	0.156	0.186
Fatty acids, total monounsaturated	g	0.016	0.013	0.073	0.088
Fatty acids, total polyunsaturated	g	0.076	0.062	0.348	0.416
Fatty acids, total trans	g	0.000	0.000	0.000	0.000
Cholesterol	mg	0	0	0	0
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0