

Basic Report 11210, Eggplant, cooked, boiled, drained, without salt

Report Date: September 18, 2019 21:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup (1" cubes) 99g
Proximates			
Water	g	89.67	88.77
Energy	kcal	35	35
Protein	g	0.83	0.82
Total lipid (fat)	g	0.23	0.23
Carbohydrate, by difference	g	8.73	8.64
Fiber, total dietary	g	2.5	2.5
Sugars, total	g	3.20	3.17
Minerals			
Calcium, Ca	mg	6	6
Iron, Fe	mg	0.25	0.25
Magnesium, Mg	mg	11	11
Phosphorus, P	mg	15	15
Potassium, K	mg	123	122
Sodium, Na	mg	1	1
Zinc, Zn	mg	0.12	0.12
Vitamins			
Vitamin C, total ascorbic acid	mg	1.3	1.3
Thiamin	mg	0.076	0.075
Riboflavin	mg	0.020	0.020
Niacin	mg	0.600	0.594
Vitamin B-6	mg	0.086	0.085
Folate, DFE	µg	14	14
Vitamin B-12	µg	0.00	0.00
Vitamin A, RAE	µg	2	2
Vitamin A, IU	IU	37	37
Vitamin E (alpha-tocopherol)	mg	0.41	0.41

Nutrient	Unit	1 Value Per100 g	1 cup (1" cubes) 99g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	2.9	2.9
Lipids			
Fatty acids, total saturated	g	0.044	0.044
Fatty acids, total monounsaturated	g	0.020	0.020
Fatty acids, total polyunsaturated	g	0.093	0.092
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0