

## Full Report (All Nutrients) 11209, Eggplant, raw

Report Date: July 15, 2019 20:10 EDT

Nutrient values and weights are for edible portion.

Food Group : Vegetables and Vegetable Products

Carbohydrate Factor: 3.57 Fat Factor: 8.37 Protein Factor:2.44 Nitrogen to Protein Conversion Factor:6.25

Refuse:19% Refuse Description: Ends, parings and trimmings

| Nutrient                               | Unit | 2.48<br>Value Per248<br>g | Data points | Std. Error | 1 cup, cubes<br>82g | 1 eggplant, peeled (yield<br>from 1-1/4 lb)<br>458g | 1 eggplant, unpeeled<br>(approx 1-1/4 lb)<br>548g |
|--|------|---------------------------|-------------|------------|---------------------|---|---|
| <b>Proximates</b>                      |      |                           |             |            |                     |   |   |
| Water <a href="#">1</a>                | g    | 228.90                    | 1           | --         | 75.69               | 422.73  | 505.80  |
| Energy                                 | kcal | 62                        | --          | --         | 20                  | 114   | 137   |
| Energy                                 | kJ   | 258                       | --          | --         | 85                  | 476   | 570   |
| Protein <a href="#">1</a>              | g    | 2.43                      | 7           | 0.030      | 0.80                | 4.49  | 5.37  |
| Total lipid (fat) <a href="#">1</a>    | g    | 0.45                      | 6           | 0.030      | 0.15                | 0.82  | 0.99  |
| Ash <a href="#">1</a>                  | g    | 1.64                      | 7           | 0.110      | 0.54                | 3.02  | 3.62  |
| Carbohydrate, by difference            | g    | 14.58                     | --          | --         | 4.82                | 26.93   | 32.22   |
| Fiber, total dietary <a href="#">1</a> | g    | 7.4                       | 6           | 0.200      | 2.5                 | 13.7  | 16.4  |
| Sugars, total                          | g    | 8.75                      | 1           | --         | 2.89                | 16.17   | 19.34   |
| Sucrose                                | g    | 0.64                      | 3           | 0.090      | 0.21                | 1.19  | 1.42  |
| Glucose (dextrose)                     | g    | 3.92                      | 3           | 0.100      | 1.30                | 7.24  | 8.66  |
| Fructose                               | g    | 3.82                      | 3           | 0.090      | 1.26                | 7.05  | 8.44  |
| <b>Minerals</b>                        |      |                           |             |            |                     |   |   |
| Calcium, Ca <a href="#">1</a>          | mg   | 22                        | 7           | 0.000      | 7                   | 41  | 49  |
| Iron, Fe <a href="#">1</a>             | mg   | 0.57                      | 7           | 0.010      | 0.19                | 1.05  | 1.26  |
| Magnesium, Mg <a href="#">1</a>        | mg   | 35                        | 1           | --         | 11                  | 64  | 77  |
| Phosphorus, P <a href="#">1</a>        | mg   | 60                        | 7           | 1.000      | 20                  | 110   | 132   |
| Potassium, K <a href="#">1</a>         | mg   | 568                       | 7           | 6.000      | 188                 | 1049  | 1255  |
| Sodium, Na <a href="#">1</a>           | mg   | 5                         | 7           | 0.000      | 2                   | 9   | 11  |
| Zinc, Zn <a href="#">1</a>             | mg   | 0.40                      | 1           | --         | 0.13                | 0.73  | 0.88  |

| Nutrient                              | Unit | 2.48         |             |            | 1 cup, cubes<br>82g | 1 eggplant, peeled (yield<br>from 1-1/4 lb)<br>458g | 1 eggplant, unpeeled<br>(approx 1-1/4 lb)<br>548g |
|---------------------------------------|------|--------------|-------------|------------|---------------------|---|---|
|                                       |      | Value Per248 | Data points | Std. Error |                     |   |   |
| Copper, Cu <a href="#">1</a>          | mg   | 0.201        | 8           | 0.014      | 0.066               | 0.371   | 0.444   |
| Manganese, Mn <a href="#">1</a>       | mg   | 0.575        | 9           | 0.091      | 0.190               | 1.063   | 1.271   |
| Selenium, Se                          | µg   | 0.7          | 3           | 0.000      | 0.2                 | 1.4   | 1.6   |
| <b>Vitamins</b>                       |      |              |             |            |                     |   |   |
| Vitamin C, total ascorbic acid        | mg   | 5.5          | 6           | 0.200      | 1.8                 | 10.1  | 12.1  |
| Thiamin                               | mg   | 0.097        | 6           | 0.003      | 0.032               | 0.179   | 0.214   |
| Riboflavin                            | mg   | 0.092        | 6           | 0.003      | 0.030               | 0.169   | 0.203   |
| Niacin                                | mg   | 1.610        | 6           | 0.038      | 0.532               | 2.972   | 3.557   |
| Pantothenic acid                      | mg   | 0.697        | 6           | 0.019      | 0.230               | 1.287   | 1.540   |
| Vitamin B-6                           | mg   | 0.208        | 6           | 0.003      | 0.069               | 0.385   | 0.460   |
| Folate, total                         | µg   | 55           | 6           | 2.000      | 18                  | 101   | 121   |
| Folic acid                            | µg   | 0            | --          | --         | 0                   | 0   | 0   |
| Folate, food                          | µg   | 55           | 6           | 2.000      | 18                  | 101   | 121   |
| Folate, DFE                           | µg   | 55           | --          | --         | 18                  | 101   | 121   |
| Choline, total                        | mg   | 17.1         | --          | --         | 5.7                 | 31.6  | 37.8  |
| Vitamin B-12                          | µg   | 0.00         | --          | --         | 0.00                | 0.00  | 0.00  |
| Vitamin B-12, added                   | µg   | 0.00         | --          | --         | 0.00                | 0.00  | 0.00  |
| Vitamin A, RAE                        | µg   | 2            | --          | --         | 1                   | 5   | 5   |
| Retinol                               | µg   | 0            | --          | --         | 0                   | 0   | 0   |
| Carotene, beta <a href="#">1</a>      | µg   | 35           | 5           | 7.000      | 11                  | 64  | 77  |
| Carotene, alpha <a href="#">1</a>     | µg   | 0            | 1           | --         | 0                   | 0   | 0   |
| Cryptoxanthin, beta <a href="#">1</a> | µg   | 0            | 1           | --         | 0                   | 0   | 0   |
| Vitamin A, IU                         | IU   | 57           | --          | --         | 19                  | 105   | 126   |
| Lycopene <a href="#">1</a>            | µg   | 0            | 1           | --         | 0                   | 0   | 0   |
| Lutein + zeaxanthin <a href="#">1</a> | µg   | 89           | 1           | --         | 30                  | 165   | 197   |
| Vitamin E (alpha-tocopherol)          | mg   | 0.74         | --          | --         | 0.25                | 1.37  | 1.64  |
| Vitamin E, added                      | mg   | 0.00         | --          | --         | 0.00                | 0.00  | 0.00  |
| Vitamin D (D2 + D3)                   | µg   | 0.0          | --          | --         | 0.0                 | 0.0   | 0.0   |
| Vitamin D                             | IU   | 0            | --          | --         | 0                   | 0   | 0   |
| Vitamin K (phylloquinone)             | µg   | 8.7          | --          | --         | 2.9                 | 16.0  | 19.2  |
| <b>Lipids</b>                         |      |              |             |            |                     |   |   |
| Fatty acids, total saturated          | g    | 0.084        | --          | --         | 0.028               | 0.156   | 0.186   |
| 4:0                                   | g    | 0.000        | --          | --         | 0.000               | 0.000   | 0.000   |

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|------------------------------------|------|-------------------|-------------|------------|---------------------|---|---|
|                                    |      | Value Per248<br>g |             |            |                     |   |   |
| 6:0                                | g    | 0.000             | --          | --         | 0.000               | 0.000   | 0.000   |
| 8:0                                | g    | 0.000             | --          | --         | 0.000               | 0.000   | 0.000   |
| 10:0                               | g    | 0.000             | --          | --         | 0.000               | 0.000   | 0.000   |
| 12:0                               | g    | 0.000             | --          | --         | 0.000               | 0.000   | 0.000   |
| 14:0                               | g    | 0.000             | 1           | --         | 0.000               | 0.000   | 0.000   |
| 16:0                               | g    | 0.062             | 1           | --         | 0.021               | 0.115   | 0.137   |
| 18:0                               | g    | 0.022             | 1           | --         | 0.007               | 0.041   | 0.049   |
| Fatty acids, total monounsaturated | g    | 0.040             | --          | --         | 0.013               | 0.073   | 0.088   |
| 16:1 undifferentiated              | g    | 0.005             | 1           | --         | 0.002               | 0.009   | 0.011   |
| 18:1 undifferentiated              | g    | 0.035             | 1           | --         | 0.011               | 0.064   | 0.077   |
| 20:1                               | g    | 0.000             | --          | --         | 0.000               | 0.000   | 0.000   |
| 22:1 undifferentiated              | g    | 0.000             | --          | --         | 0.000               | 0.000   | 0.000   |
| Fatty acids, total polyunsaturated | g    | 0.188             | --          | --         | 0.062               | 0.348   | 0.416   |
| 18:2 undifferentiated              | g    | 0.156             | 1           | --         | 0.052               | 0.289   | 0.345   |
| 18:3 undifferentiated              | g    | 0.032             | 1           | --         | 0.011               | 0.060   | 0.071   |
| 18:4                               | g    | 0.000             | --          | --         | 0.000               | 0.000   | 0.000   |
| 20:4 undifferentiated              | g    | 0.000             | --          | --         | 0.000               | 0.000   | 0.000   |
| 20:5 n-3 (EPA)                     | g    | 0.000             | --          | --         | 0.000               | 0.000   | 0.000   |
| 22:5 n-3 (DPA)                     | g    | 0.000             | --          | --         | 0.000               | 0.000   | 0.000   |
| 22:6 n-3 (DHA)                     | g    | 0.000             | --          | --         | 0.000               | 0.000   | 0.000   |
| Fatty acids, total trans           | g    | 0.000             | --          | --         | 0.000               | 0.000   | 0.000   |
| Cholesterol                        | mg   | 0                 | --          | --         | 0                   | 0   | 0   |
| Phytosterols                       | mg   | 17                | 1           | --         | 6                   | 32  | 38  |
| <b>Amino Acids</b>                 |      |                   |             |            |                     |   |   |
| Tryptophan                         | g    | 0.022             | --          | --         | 0.007               | 0.041   | 0.049   |
| Threonine                          | g    | 0.092             | --          | --         | 0.030               | 0.169   | 0.203   |
| Isoleucine                         | g    | 0.112             | --          | --         | 0.037               | 0.206   | 0.247   |
| Leucine                            | g    | 0.159             | --          | --         | 0.052               | 0.293   | 0.351   |
| Lysine                             | g    | 0.117             | --          | --         | 0.039               | 0.215   | 0.258   |
| Methionine                         | g    | 0.027             | --          | --         | 0.009               | 0.050   | 0.060   |
| Cystine                            | g    | 0.015             | --          | --         | 0.005               | 0.027   | 0.033   |
| Phenylalanine                      | g    | 0.107             | --          | --         | 0.035               | 0.197   | 0.236   |
| Tyrosine                           | g    | 0.067             | --          | --         | 0.022               | 0.124   | 0.148   |

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|--|------|--------------|-------------|------------|---------------------|---|---|
|  |      | Value Per248 | Data points | Std. Error |                     |   |   |
| Valine   | g    | 0.131        | --          | --         | 0.043               | 0.243   | 0.290   |
| Arginine   | g    | 0.141        | --          | --         | 0.047               | 0.261   | 0.312   |
| Histidine  | g    | 0.057        | --          | --         | 0.019               | 0.105   | 0.126   |
| Alanine  | g    | 0.126        | --          | --         | 0.042               | 0.234   | 0.279   |
| Aspartic acid                                    | g    | 0.407        | --          | --         | 0.134               | 0.751   | 0.899   |
| Glutamic acid                                    | g    | 0.461        | --          | --         | 0.153               | 0.852   | 1.019   |
| Glycine  | g    | 0.102        | --          | --         | 0.034               | 0.188   | 0.225   |
| Proline  | g    | 0.107        | --          | --         | 0.035               | 0.197   | 0.236   |
| Serine   | g    | 0.104        | --          | --         | 0.034               | 0.192   | 0.230   |
| <b>Other</b>                                     |      |              |             |            |                     |   |   |
| Alcohol, ethyl                                   | g    | 0.0          | --          | --         | 0.0                 | 0.0   | 0.0   |
| Caffeine   | mg   | 0            | --          | --         | 0                   | 0   | 0   |
| Theobromine                                      | mg   | 0            | --          | --         | 0                   | 0   | 0   |
| <b>Flavonoids</b>                                |      |              |             |            |                     |   |   |
| Anthocyanidins                                   |      |              |             |            |                     |   |   |
| Delphinidin <a href="#">2</a>                    | mg   | 212.5        | 1           | --         | 70.3                | 392.5   | 469.6   |
| Flavan-3-ols                                     |      |              |             |            |                     |   |   |
| (+)-Catechin <a href="#">3</a>                   | mg   | 0.0          | 3           | 0          | 0.0                 | 0.0   | 0.0   |
| (-)-Epigallocatechin <a href="#">3</a>           | mg   | 0.0          | 3           | 0          | 0.0                 | 0.0   | 0.0   |
| (-)-Epicatechin <a href="#">3</a>                | mg   | 0.0          | 3           | 0          | 0.0                 | 0.0   | 0.0   |
| (-)-Epicatechin 3-gallate <a href="#">3</a>      | mg   | 0.0          | 3           | 0          | 0.0                 | 0.0   | 0.0   |
| (-)-Epigallocatechin 3-gallate <a href="#">3</a> | mg   | 0.0          | 3           | 0          | 0.0                 | 0.0   | 0.0   |
| (+)-Galocatechin <a href="#">3</a>               | mg   | 0.0          | 3           | 0          | 0.0                 | 0.0   | 0.0   |
| Flavones   |      |              |             |            |                     |   |   |
| Luteolin <a href="#">4</a>                       | mg   | 0.0          | 1           | --         | 0.0                 | 0.0   | 0.0   |
| Flavonols  |      |              |             |            |                     |   |   |
| Isorhamnetin <a href="#">5</a>                   | mg   | 0.0          | 3           | 0          | 0.0                 | 0.0   | 0.0   |
| Kaempferol <a href="#">4</a> <a href="#">5</a>   | mg   | 0.0          | 4           | 0          | 0.0                 | 0.0   | 0.0   |
| Myricetin <a href="#">4</a>                      | mg   | 0.0          | 1           | --         | 0.0                 | 0.0   | 0.0   |
| Quercetin <a href="#">4</a> <a href="#">5</a>    | mg   | 0.1          | 4           | 0.04       | 0.0                 | 0.2   | 0.2   |
| Isoflavones                                      |      |              |             |            |                     |   |   |
| Daidzein <a href="#">8</a>                       | mg   | 0.00         | 1           | --         | 0.00                | 0.00  | 0.00  |
| Genistein <a href="#">8</a>                      | mg   | 0.00         | 1           | --         | 0.00                | 0.00  | 0.00  |

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|--|------|--------------|-------------|------------|---------------------|---|---|
|  |      | Value Per248 | Data points | Std. Error |                     |   |   |
| Total isoflavones <a href="#">8</a>                          | mg   | 0.00         | 1           | --         | 0.00                | 0.00  | 0.00  |
| Proanthocyanidin   |      |              |             |            |                     |   |   |
| Proanthocyanidin dimers <a href="#">6</a> <a href="#">7</a>  | mg   | 0.0          | 4           | 0          | 0.0                 | 0.0   | 0.0   |
| Proanthocyanidin trimers <a href="#">6</a> <a href="#">7</a> | mg   | 0.0          | 4           | 0          | 0.0                 | 0.0   | 0.0   |
| Proanthocyanidin 4-6mers <a href="#">7</a>                   | mg   | 0.0          | 1           | --         | 0.0                 | 0.0   | 0.0   |
| Proanthocyanidin 7-10mers <a href="#">7</a>                  | mg   | 0.0          | 1           | --         | 0.0                 | 0.0   | 0.0   |
| Proanthocyanidin polymers (>10mers) <a href="#">7</a>        | mg   | 0.0          | 1           | --         | 0.0                 | 0.0   | 0.0   |

**Sources of Data**

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 10j, 2006 Beltsville MD

<sup>2</sup>Wu, X., Beecher, G. R., Holden, J. M., Haytowitz, D. B., Gebhardt, S. E., and Prior, R. L. Concentrations of anthocyanins in common foods in the United States and estimation of normal consumption. , 2006 J. Agric. Food Chem. 54 pp.4069-4075

<sup>3</sup>de Pascual-Teresa, S., Santos-Buelga, C., & Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages., 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>4</sup>Arai, Yusuke, Watanabe, S., Kimira, M., Shimoi, K., Mochizuki, R., and Kinae, N. Dietary intakes of flavonols and isoflavones by Japanese women and inverse correlation between quercetin intake and plasma LDL cholesterol concentration, 2000 J. Nutr. 130 pp.2243-2250

<sup>5</sup>Huang, Z., Wang, B., Eaves, D. H., Shikany, J. M., and Pace, R. D. Phenolic compound profile of selected vegetables frequently consumed by African Americans in the southeast United States., 2007 Food Chemistry 103 pp.1395-1402

<sup>6</sup>de Pascual-Teresa, S., Santos-Buelga, C., and Rivas-Gonzalo, J.C. Quantitative analysis of flavan-3-ols in Spanish foodstuffs and beverages, 2000 J. Agric. Food Chem. 48 pp.5331-5337

<sup>7</sup>Hellstrm, Trnren, A.R., and Matilla, P.H. Proanthocyanidins in common food products of plant origin, 2009 J. Agric. Food Chem. 57 pp.7899-7906

<sup>8</sup>Liggins, J., Bluck, L. J. C., Runswick, C., Atkinson, C., Coward, W. A., and Bingham, S. A. Daidzein and genistein content of vegetables., 2000 Brit. J. Nutr. 84 pp.717-725

**Langual Code(s)**

- A0152 VEGETABLE OR VEGETABLE PRODUCT (US CFR)
- A1281 1100 VEGETABLES AND VEGETABLE PRODUCTS (USDA SR)
- B1458 EGGPLANT
- C0230 FRUIT, PEEL REMOVED, CORE, PIT OR SEED PRESENT
- E0150 WHOLE, NATURAL SHAPE
- F0003 NOT HEAT-TREATED
- G0003 COOKING METHOD NOT APPLICABLE
- H0003 NO TREATMENT APPLIED
- J0001 PRESERVATION METHOD NOT KNOWN
- K0003 NO PACKING MEDIUM USED
- M0001 CONTAINER OR WRAPPING NOT KNOWN
- N0001 FOOD CONTACT SURFACE NOT KNOWN
- P0024 HUMAN FOOD, NO AGE SPECIFICATION