

Nutrition Facts

Eggplant

Serving size (100g)

Amount Per Serving

Calories

25

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% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0.034g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 0mg **0%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **11%**

Total Sugars 4g

Includes 0g Added Sugars **0%**

Protein 1g **2%**

Vitamin D 0mcg **0%**

Calcium 0mg **0%**

Iron 229mg **1270%**

Potassium 0mg **0%**

Vitamin A 13mcg **0%**

Vitamin C 2.2mg **2%**

Folate 22mcg **6%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.