

# Eggplant Nutrition Facts



@thewildharvest

Created by: Megan King, Dietetics Major IUP

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## Fun Facts:

- 🍆 Commonly known as Aubergine
- 🍆 Part of the nightshade family
- 🍆 Actually a FRUIT – contains many small seeds and grows from an edible flower
- 🍆 Peak season August – October
- 🍆 "Clean 15" list – lower levels of pesticides

## Health Benefits:

- Anti-inflammatory and Antioxidant properties
- Protects against cancers = Antioxidant, nasunin
- Lowers cholesterol = Phytonutrients
- Regulates blood pressure = Anti-hypertensive effects
- Promotes strong bones = Manganese
- Improves digestive health = High in water and fiber, flushes out toxins

## How to Store and Cook Eggplant:



Can be kept at room temperature for several days after harvesting.



Then store in refrigerator, wrapped in a paper towel and closed up in a plastic container or bag.



Freezing is not recommended, this will alter the texture and the eggplant will become waterlogged.



Can be eaten raw, however, cooking the nightshade enhances health benefits.



Include the skin in dishes. This is where most of the fiber content is found.

References: <https://draxe.com/nutrition/vegetables/eggplant-nutrition/>  
<https://www.ncbi.nlm.nih.gov/pubmed/12619974>