



Food ID: D073

Food name and Description: Eggplant

Scientific name: *Solanum melongena*

Alternate/Common name(s): Talong/Aubergine

Edible portion: 88%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	92.7
Energy, calculated (kcal)	29
Protein (g)	1.2
Total Fat (g)	0.2
Carbohydrate, total (g)	5.5
Ash, total (g)	0.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	1.6
Sugars, total (g)	2.7

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	11
Phosphorus, P (mg)	28
Iron, Fe (mg)	0.3
Potassium, K (mg)	206
Sodium, Na (mg)	3
Zinc, Zn (mg)	0

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	45
Retinol Activity Equivalent, RAE (µg)	4
Thiamin, Vitamin B1 (mg)	0.1
Riboflavin, Vitamin B2 (mg)	0.05
Niacin (mg)	0.6
Ascorbic Acid, Vitamin C (mg)	3

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0.04
Caproic, C6 (g)	0

Caprylic, C8 (g)	0
Capric, C10 (g)	0
Lauric, C12 (g)	0
Myristic, C14 (g)	0
Palmitic, C16 (g)	0.03
Stearic, C18 (g)	0.01
Arachidic, C20 (g)	0
Behenic, C22 (g)	0
Lignoceric, C24 (g)	0
Fatty acids, monounsaturated, total (g)	0.02
Oleic , C18:1 (g)	0.02
Fatty acids, polyunsaturated, total(g)	0.08
Linoleic, C18:2 (g)	0.07
Linolenic, C18:3 (g)	0.01
Cholesterol (mg)	0