

EGGPLANT PROFILE



JULY-OCTOBER

IT PAIR WELL WITH...

- ✓ BASIL, BELL PEPPERS, TOMATOES
- ✓ OLIVE OIL, BALSAMIC VINEGAR
- ✓ LEMON JUICE, PARSLEY, TAHINI

PREPERATION TECHNIQUES...

- ✓ BAKE
- ✓ ROAST
- ✓ BOIL
- ✓ GRILL
- ✓ BRAISE
- ✓ FRY

NUTRIENTS AND BENEFITS

- Fiber
 - Prevent constipation, promotes weight loss, prevent type 2 diabetes
- Manganese
 - Promote bone health, reduce inflammation, aid in regulation of blood sugar

ANTIOXIDANTS AND BENEFITS

- Chlorogenic Acid
 - Lower inflammation, stabilize blood sugar, prevent viral infections
- Nasunin
 - Help to transport nutrients into the cells and move waste out, prevent neuroinflammation, and facilitate blood flow

Nutrition Facts

Serving size: 1 cup
Servings: 1

Amount per serving

Calories 115

% Daily Value*

Total Fat 0.8g 1%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 9mg 0%

Total Carbohydrate 26.9g 10%

Dietary Fiber 16.2g 58%

Total Sugars 13.7g

Protein 4.5g

Vitamin D 0mcg 0%

Calcium 41mg 3%

Iron 1mg 6%

Potassium 1049mg 22%

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

KEEP IN MIND...

- **Notable flavor**
 - Mildly bitter, soft, slightly spongy
- **Can you consume it raw?**
 - Yes! Although, eggplant absorbs flavor well when cooked, so it is recommended to eat after being cooked
- **What parts of the plant can you eat?**
 - Both the skin and the meat of the eggplant are edible
- **Short term storage**
 - Place in paper bag and store at room temperature for 4 days
- **Long term storage**
 - Blanch and shock after it is peeled and cut up, keep in freezer for up to 9 months

