Eggplant Nutrition Facts

@thewildharvest
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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/