



EGGPLANT



Fresh Facts

If you're looking to add colour and personality to any dish, look no further than the eggplant. With its distinct colour and shape, this versatile veggie makes cooking a breeze.

Not only will an eggplant spice up any dish, it will spice up your diet with all the nutrients you've been missing. Eggplant is a great source of dietary fibre, vitamin A, B vitamins, vitamin C and folate. It's also rich in potassium, magnesium, calcium and phosphorous. With no fat and very few carbs, this hearty vegetable will add volume to your meal but not your waistline.

Eggplant

Nutrition Facts Valeur nutritive	
Per 1/2 eggplant (82 g) pour 1/2 d'aubergine (82 g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 20	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g + Trans / trans 0 g	0 %
Cholesterol / Cholestérol 0 mg	
Sodium / Sodium 0 mg	0 %
Carbohydrate / Glucides 4 g	1 %
Fibre / Fibres 2 g	8 %
Sugars / Sucres 2 g	
Protein / Protéines 1 g	
Vitamin A / Vitamine A	2 %
Vitamin C / Vitamine C	4 %
Calcium / Calcium	2 %
Iron / Fer	2 %



Rooted in Freshness.