**Topic of Assignment**

**NUTRITIONAL VALUE OF Eggplant**

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**SARGODHA, PAKISTAN**

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| Nutritional Value of Eggplant (*Solanum melongana*) Per 100 g**Eggplant is Famous For:****1. Dietary Fiber****2. Vitamin C****3. Potassium****Prepared By: Shahwana Tehreem**  |
| Energy | 24 Kcal |
| Carbohydrate | 5.7 g |
| Total fat | 0.19 g |
| Protein | 1 g |
| **Dietary fiber** | **3.40 g\*** |
| **Vitamins** |
| Vitamin A | 27 IU |
| Thiamine (B1) | 0.039 mg |
| Riboflavin (B2) | 0.037 mg |
| Niacin (B3) | 0.694 mg |
| Pantothenic acid (B5) | 0.281 mg |
| Pyridoxine | 0.084 mg |
| Folate (B9) | 22 µg |
| **Vitamin C** | **2.2 mg\*** |
| Vitamin E | 0.30 mg |
| Vitamin K | 3.5 µg |
| **Minerals** |
| Calcium | 9 mg |
| Iron | 0.24 mg |
| Magnesium | 14 mg |
| Manganese | 0.250 mg |
| **Potassium** | **230 mg\*** |
| Sodium | 79 mg |
| Zinc | 0.16 mg |
| Copper  | 0.082 |
|  Source: USDA National Nutrient Database |