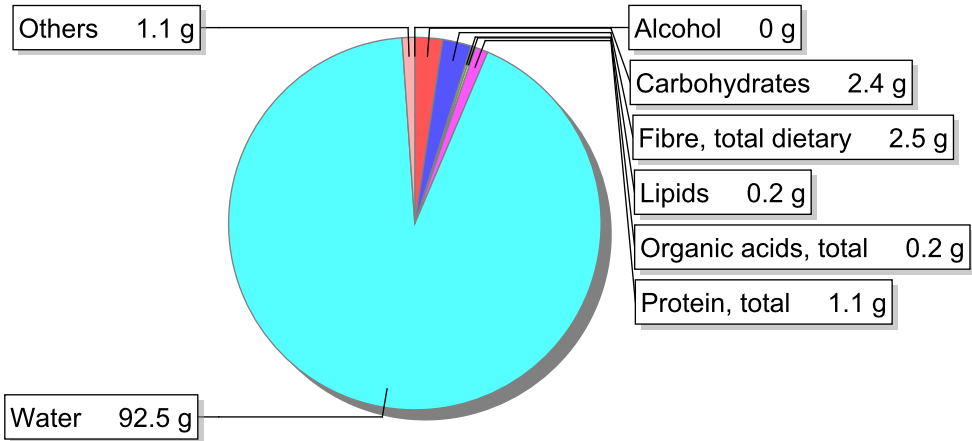


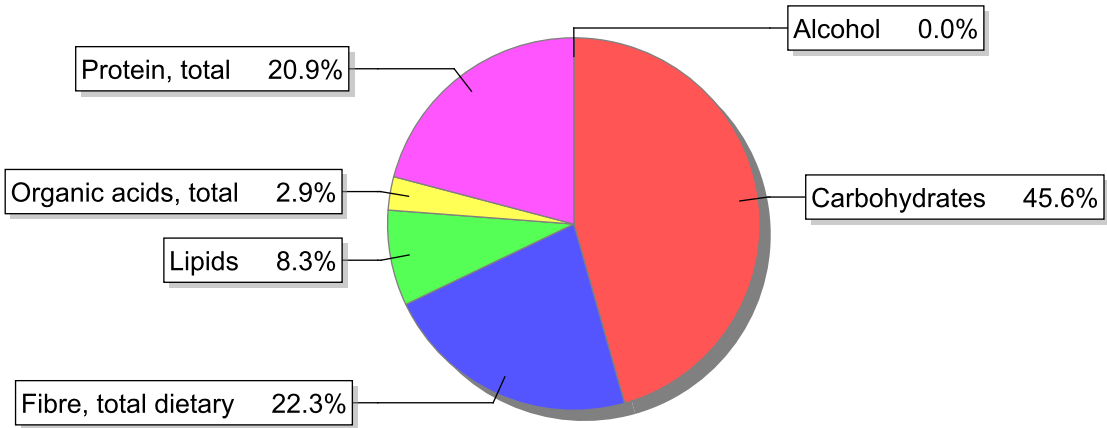
Food

Name: Aubergine, raw
Group: Vegetables other than legumes
Subgroup: Vegetables other than legumes
Edible Part: 96%
Code: IS619
FoodEX2 Code: A00JD

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	21	kcal	
energy kJ, total metabolisable	90	kJ	
fatty acids, total saturated	0	g	
fatty acids, total monounsaturated	0	g	
fatty acids, total polyunsaturated	0.1	g	
fatty acid 18:2 n-6 cis,cis	0	g	
fatty acids, total trans	0	g	
sugars, total	2.2	g	
sucrose	0.1	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	2.5	g	
protein, total	1.1	g	
alcohol	0	g	
water	92.5	g	
organic acids, total	0.2	g	
cholesterol	0	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	9	µg	
carotene, total (vitamin A precursors)	51	µg	
vitamin D	0	µg	
alpha-tocopherol	0.03	mg	
thiamin	0.05	mg	
riboflavin	0.03	mg	
niacin, preformed	0.5	mg	
niacin equivalents, total	0.7	mg	
niacin equivalents from tryptophan	0.2	mg	
vitamin B-6, total	0.08	mg	
vitamin B-12	0	µg	
vitamin C	4	mg	
folate, total	20	µg	
ash	0.60	g	
sodium	3	mg	
potassium	230	mg	
calcium	17	mg	
phosphorus	26	mg	
magnesium	12	mg	
iron, total	0.4	mg	
zinc	0.2	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References