

Harvest of the Month

Eggplant

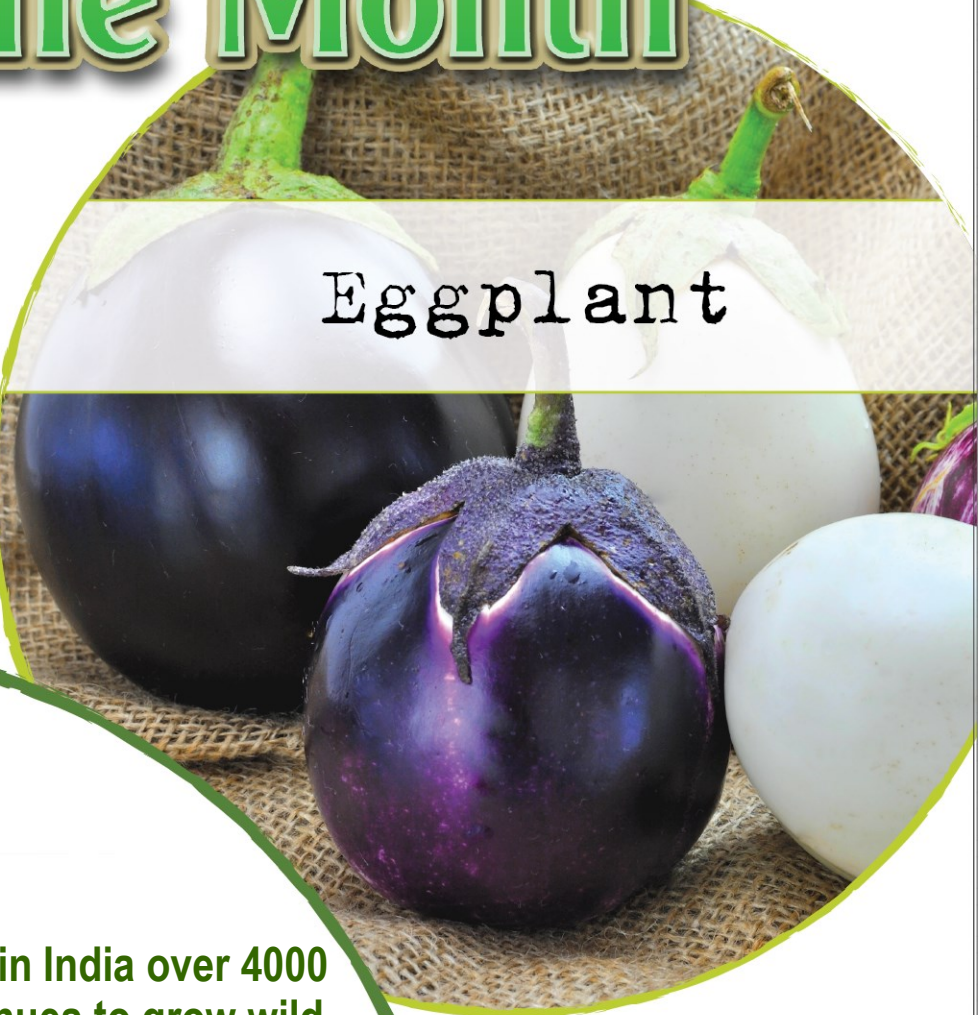


FUN FACTS:

Eggplant is like a sponge. It soaks up flavors and nutrients from other foods in the same dish.



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Eggplant

Calories

20

Total Fat

0g

Sodium

2mg

Sugars

2g

NutritionData.com

FUN FACTS:

Eggplant first originated in India over 4000 years ago, where it continues to grow wild.

The eggplant is considered a vegetable in cooking but is botanically a fruit.

Eggplant is a good source of fiber and a top source of Vitamin B6, which is important for you blood, brain and lots of tissues throughout the body.

