

Nutrition Facts

Eggplant Salad

Serving Size: cup (101.5g)

Amount Per Serving

Calories 78

Calories from Fat 47.5

% Daily Value*

Total Fat 5.5g **8%**

Saturated Fat 0.8g **4%**

Trans Fat 0g

Polyunsaturated Fat 0.6g

Monounsaturated Fat 3.7g

Cholesterol 0mg **0%**

Sodium 149.5mg **6%**

Potassium 136mg **4%**

Total Carbohydrates 8g **3%**

Dietary Fiber 2.4g **9%**

Sugars 3g

Protein 0.9g

Vitamin A 4.3%

Vitamin C 7%

Calcium 0.8%

Iron 2.3%

* Percent Daily Values are based on a 2000 calorie diet.

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