

MOROCCAN EGGPLANT

Nutrition Facts

16 Servings

Amount Per Serving: ½ pint

Calories	143.4
Total Fat	7.4 g
Saturated Fat	0.6 g
Polyunsaturated Fat	2.3 g
Monounsaturated Fat	4.1 g
Cholesterol	0.0 mg
Sodium	806.3 mg
Potassium	462.3 mg
Total Carbohydrate	20.3 g
Dietary Fiber	5.3 g
Sugars	8.2 g
Protein	2.6 g
Vitamin A	11.0 %
Vitamin B-12	0.0 %
Vitamin B-6	11.2 %
Vitamin C	20.3 %
Vitamin D	0.0 %
Vitamin E	11.9 %
Calcium	2.6 %
Copper	9.7 %
Folate	7.1 %
Iron	7.6 %
Magnesium	7.6 %
Manganese	14.4 %
Niacin	8.4 %
Pantothenic Acid	1.9 %
Phosphorus	5.1 %
Riboflavin	4.5 %
Selenium	2.2 %
Thiamin	9.7 %
Zinc	2.7 %

*Percent Daily Values are based on a 2,000 calorie diet.
Your daily values may be higher or lower depending on
your calorie needs.