NEP Nutrition Education Program

University of Nebraska Lincoln EXTENSION

Eggplant

Selection:

Choose eggplant that is heavy for its size. Avoid buying eggplant with wrinkled skin, cracks, or bruises.

Storage:

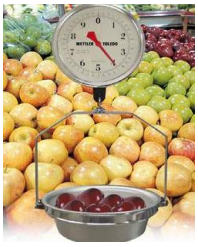
Store unwashed, uncut eggplant in the refrigerator for 5 to 7 days. Eggplant can be blanched or steamed then frozen for up to 6 months.

Refrigerator (uncut): 5 to 7 days
Freezer: Up to 6 months

Use:

Rinse eggplant thoroughly before preparing. Cut off the stem and cap. Eggplant can be cooked with or without its skin. Eggplant can be boiled, baked, microwaved, broiled, or stewed.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Eggplant is typically sold individually but may be sold per pound. If it is sold per pound, place the amount of eggplant you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Eggplant

Use this table to find the total cost.
Example: What is the total cost for 2 lbs of eggplant at $1.39 per lb? **2 lbs x $1.39 = $2.78**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

IANR

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Nutrition:

¼ cup Eggplant

Nutrition Facts		
Serving Size 1/5 average eggplant (84g)		
Servings Per Container		
Amount Per Serving		
Calories 20	Calories from Fat 0	
		% Daily Value*
Total Fat 0g		0%
Saturated Fat 0g		0%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 0mg		0%
Total Carbohydrate 5g		2%
Dietary Fiber 3g		12%
Sugars 2g		
Protein 1g		
Vitamin A 0%	• Vitamin C 4%	
Calcium 0%	• Iron 2%	

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for ¼ cup eggplant. All eggplants are not the same size, but you can use this to estimate the nutrition content for smaller or larger eggplants.

Recipe:

Grilled Eggplant and Tomato Sandwiches

Preparation Time: 30 minutes
Serves 4
Cups of Vegetables per Serving: 2

Ingredients:

1 medium eggplant
1 tablespoon salt
1½ tablespoons olive oil
2 garlic cloves, crushed
3 tablespoons fresh basil, minced
4 tomatoes
black pepper to taste
8 slices bread
½ cup Feta cheese, crumbled (optional)

Preparation:

1.) Remove ends of eggplant and cut into half-inch slices. Sprinkle both sides with salt and let sit for 10 minutes. Rinse slices and drain on paper towel.
2.) Combine olive oil and garlic and lightly brush each slice of eggplant.
3.) Grill over medium-high heat. When soft, remove and sprinkle with basil.
4.) Slice tomatoes and sprinkle with black pepper.
5.) Arrange eggplant and tomatoes on 4 slices of bread. Top with feta cheese and second slice of bread.

Nutrition Information per Serving:
Calories 272, Total Fat 7.9 g, Saturated Fat 1.4 g, Cholesterol 0 mg, Sodium 361 mg, Carbohydrates 44 g, Dietary Fiber 8 g, Protein 8 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.