

The nutritional breakdown of the Japanese eggplant, per 100 grams or 3.5 ounces:

- **Calories: 81**
- **Total fat: 0.5 grams**
- **Saturated fat: 0.1 grams**
- **Polyunsaturated fat: 0.2 grams**
- **Monounsaturated fat: 0.1 grams**
- **Cholesterol: 0 milligrams**
- **Sodium: 2.3 milligrams**
- **Total carbohydrates: 20 grams**
- **Dietary fiber: 5.8 grams**
- **Sugars: 7.4 grams**
- **Protein: 1.9 grams**
- **Vitamin A: 17% of the Daily Value (DV)**
- **Vitamin C: 5% of the DV**
- **Calcium: 11% of the DV**
- **Iron: 3% of the DV**
- **Potassium: 6% of the DV**

Japanese eggplant is a good source of fiber, vitamin C, and potassium. It is also a low-calorie food, making it a healthy choice for people who are watching their weight.

Here are some of the health benefits of Japanese eggplant:

- **May help regulate digestion: Fiber can help to keep the digestive system healthy by adding bulk to stool and helping it to pass more easily.**
- **May help promote heart health: Fiber can help to lower cholesterol levels and reduce the risk of heart disease.**
- **May help protect against cancer: Antioxidants in Japanese eggplant may help to protect cells from damage that can lead to cancer.**
- **May help boost immunity: Vitamin C is an important nutrient for the immune system.**
- **May help improve skin health: Vitamin C is important for collagen production, which helps to keep skin looking young and healthy.**

If you are looking for a healthy and delicious vegetable to add to your diet, Japanese eggplant is a great option.