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- Contain *solasodine rhamnosyl glycosides* which could have potential uses in anticancer therapies, particularly skin cancers
- Contain *nasunin*, found to protect brain cell membranes and neutralize free radicals that can lead to aging and disease
- Powerful *polyphenol* antioxidants lower cholesterol, improve heart function and help lower blood sugars
- Contain B vitamins, copper, magnesium, potassium & fiber
- Excellent source of antioxidants that protect against heart disease and cancer, particularly *anthocyanins*, responsible for the deep purple color

Potential benefits of consuming eggplant:

- 20 Calories, 1 gm protein, 3 gm fiber, 0 gm fat, no cholesterol

1 cup raw or 1/2 cup cooked eggplant provides:
Health Benefits of Eggplant

A member of the nightshade family, this deep purple “vegetable” contains powerful disease-fighting compounds making it a great addition to a healthy diet. Eggplant is really a fruit.



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