

Company: Mariko Foods

Item: Marinated Eggplant

Pack: 13 ounces (269g)

16 ounces (454g)

NUTRITION COMPOSITION

Mariko Foods - Marinated Eggplant

Serving Size: 2 tbsp (30g)

Nutrients	Per Serving	Per 100g	Nutrients	Per Serving	Per 100g
Basic Components			Vitamin B12 (mcg)	0	0
Calories (kcal)	33.37	111.46	Vitamin C (mg)	1.11	3.69
Calories from Fat (kcal)	24.61	82.20	Vitamin D - IU (IU)	0	0
Protein (g)	0.29	0.98	Vitamin D - mcg (mcg)	0	0
Carbohydrates (g)	1.97	6.57	Vitamin E - IU (IU)	0.67	2.22
Dietary Fiber (g)	0.79	2.64	Folate (mcg)	5.79	19.35
Total Sugars (g)	0.83	2.77	Vitamin K (mcg)	0.72	2.41
Fat (g)	2.78	9.30	Pantothenic Acid (mg)	0.06	0.21
Saturated Fat (g)	0.36	1.22	Minerals		
Mono Fat (g)	0.76	2.53	Calcium (mg)	4.89	16.34
Poly Fat (g)	1.51	5.04	Copper (mg)	0.02	0.06
Trans Fatty Acid (g)	0.01	0.03	Iron (mg)	0.08	0.25
Cholesterol (mg)	0	0	Magnesium (mg)	3.58	11.97
Water (g)	23.82	79.57	Manganese (mg)	0.06	0.21
Gram Weight (g)	29.94	100.00	Molybdenum (mcg)	1.38	4.60
Ash (g)	0.84	2.81	Phosphorus (mg)	7.45	24.90
Vitamins			Potassium (mg)	56.55	188.88
Vitamin A - IU (IU)	7.01	23.41	Selenium (mcg)	0.13	0.42
Vitamin A - RE (RE)	0.70	2.34	Sodium (mg)	268.99	898.44
Beta-Carotene (mcg)	3.73	12.46	Zinc (mg)	0.05	0.16
Vitamin B1 (mg)	0.01	0.04	Other Fats		
Vitamin B2 (mg)	0.01	0.03	Omega 3 Fatty Acid (g)	0.03	0.12
Vitamin B3 (mg)	0.13	0.43	Omega 6 Fatty Acid (g)	1.48	4.93
Vitamin B6 (mg)	0.03	0.09			

Nutritional values shown represent the composition of this product based on data submitted by the manufacturer and their suppliers. Nutritional values are based on the product formulation and is comprised of data compiled from the United States Department of Agriculture and suppliers. NutriData guarantees the accuracy of the analysis based on the information supplied by the manufacturer(s). As a mutual protection to clients, the public and ourselves, all reports are submitted as the confidential property of the client.

Company: Mariko Foods
 Item: Marinated Eggplant
 Pack: 13 ounces (269g)

16 ounces (454g)

Nutrition Facts	
Serving Size 2 tbsp (30g)	
Servings Per Container about 12	
Amount Per Serving	
Calories 35	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Sodium 270mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 0g	
<small>Not a significant source of saturated fat, trans fat, cholesterol, vitamin A, vitamin C, calcium and iron. *Percent Daily Values are based on a 2,000 calorie diet.</small>	

Nutrition Facts	
Serving Size 2 tbsp (30g)	
Servings Per Container about 15	
Amount Per Serving	
Calories 35	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Sodium 270mg	11%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 0g	
<small>Not a significant source of saturated fat, trans fat, cholesterol, vitamin A, vitamin C, calcium and iron. *Percent Daily Values are based on a 2,000 calorie diet.</small>	

INGREDIENTS: EGGPLANT, ONION, VINEGAR, WATER, CORN OIL, SALT, PEPPER, BAY LEAF.