

# Nutrition Facts

1 large eggplant  
slice and 1 cup  
spaghetti

Serving size

Amount Per Serving

**Calories**

**420**

% Daily Value\*

<b>Total Fat</b> 9g	<b>12%</b>
Saturated Fat 3g	<b>15%</b>
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1.7g	
Monounsaturated Fat 2g	
<b>Cholesterol</b> 60mg	<b>20%</b>
<b>Sodium</b> 790mg	<b>34%</b>
<b>Total Carbohydrate</b> 70g	<b>25%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 6g	
Includes 1g Added Sugars	<b>2%</b>
<b>Protein</b> 19g	<b>38%</b>
Vitamin D 0.3mcg	2%
Calcium 215mg	15%
Iron 4.5mg	25%
Potassium 497mg	10%

\*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.