



Italian Eggplant

Purchasing Specifications

Availability:

Year round

Growing Regions:

Mexico, USA

Receiving Information:

- Selection: Consumers should look for eggplant that is firm to the touch with a deep purple color. Avoid eggplant with obvious bruises or soft spots. Small scars on eggplant, commonly caused by wind, do not affect quality.
- Handling: Eggplant is sensitive to temperature extremes and requires a cool atmosphere to cut moisture loss. If left at room temperature for days, product becomes soft and wrinkled.

Storage/Handling:

- Ethylene Producer: No
- Ethylene Sensitive: Yes
- Water Sprinkle: No
- Odor Producer: No

- Ripens After Harvest: No
- Mist: Yes
- Odor Sensitive: Yes
- Skin or pulp decay: Decay may result from bruising due to rough handling. Handle eggplants with care to prevent product damage; do not drop shipping containers on the floor.
- Yellowish-brown skin discoloration; increased decay: Indication of chill injury.
- Browning of pulp and seeds; accelerated decay: Indication of ethylene exposure - keep eggplants away from ethylene producing produce and ripening rooms.
- Shriveled or flabby skin: Eggplants may begin to shrivel if stored in an area with low humidity.

- Flesh Description: Cream-colored, very sweet, mild, meaty flesh; contains some small seeds.
- Usage: Good for stuffing, slicing and rolling with filling, or baking whole to mash to a puree.
- Outside Coloring: Purple
- Shape: Round, plump.
- Skin Texture: Soft, smooth.
- Taste: Sweet, mild flesh.

Nutrition Facts

Serving Size: 1 cup cubes

Amount Per Serving

Calories 20	Fat Calories
% Daily Value*	
Total Fat 0 g	
Sat Fat 0 g	
Trans Fat	
Cholesterol 0 mg	
Sodium 2mg	0%
Total Carbohydrates 5g	4%
Dietary Fiber 3g	11%
Sugars 2g	
Protein 1g	4%
Potassium 189mg	4%
Vitamin A 0%	Vitamin C 2%
Calcium 7%	Iron 0%

*Percent Daily Values are based on a 2,000-calorie diet.