

AUBERGINE STUFFED WITH NUTS IN OIL

- Aubergine or brinjal is a plant species in the nightshade family *Solanaceae*. *Solanum melongena* is grown worldwide for its edible fruit.
- Although often considered a vegetable, it is a berry by botanical definition.



PACKING DETAILS

Weight	10Kg
Units/ Case	10Kg/ Drum
Cases/ Pallet	48
Shelf-life	12 Months
Pack Language	English & Arabic

NUTRITION FACTS:

Nutritional value per 100g (3.5oz)	
Energy	104 kJ (25 kcal)
Carbohydrates	5.88g
Sugars	3.53g
Dietary Fiber	3g
Fat	0.18g
Protein	0.98g
Vitamins	
Thiamine (B1) 0.039mg	3% DVT
Riboflavin (B2) 0.037mg	3% DVT
Niacin (B3) 0.649mg	4% DVT
Pantothenic Acid (B5) 0.281mg	6% DVT
Vitamin B6 0.084mg	6% DVT
Folate (B9) 22µg	6% DVT
Vitamin C 2.2mg	3% DVT
Vitamin E 0.3mg	2% DVT
Vitamin K 3.5µg	3% DVT
Minerals	
Calcium 9mg	1% DVT
Iron 0.23mg	2% DVT
Magnesium 14mg	4% DVT
Manganese 0.232mg	11% DVT
Phosphorus 24mg	3% DVT
Potassium 229mg	5% DVT
Zinc 0.16mg	2% DVT

INGREDIENTS:

Eggplant	Peanut
Pepper	Garlic
Soya Oil	Non-GMO products

STORAGE AND HANDLING

Can be kept at room temperature in a cool and dry place.
Unopened may be stored for as long as 12 months.
Cover with cling film and then store under refrigerated conditions.