

# Ee

## **Eggplants:**

- Are actually a FRUIT and technically a berry
- Are related to tomatoes
- Belong to the nightshade family along with tomatoes and potatoes.
- In India, they are known as the "king of vegetables"
- Are 95% water and 50% of its volume is air
- That are raw, should be avoided because they could give you stomach problems
- A plant can produce 110 eggplants per season
- Should not be refrigerated
- Are in the top 10 healthiest food for the human body
- Are good for the skin and rich in dietary fiber
- Offer vitamin C, vitamin K and B vitamins
- When cooked, protect and sooth the digestive system
- Should not be peeled, all the nutrient are in the skin

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