

Basic Report 01125, Egg, yolk, raw, fresh

Report Date: January 26, 2015 15:30 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 large 17g	1 cup 243g
Proximates				
Water	g	52.31	8.89	127.11
Energy	kcal	322	55	782
Protein	g	15.86	2.70	38.54
Total lipid (fat)	g	26.54	4.51	64.49
Carbohydrate, by difference	g	3.59	0.61	8.72
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.56	0.10	1.36
Minerals				
Calcium, Ca	mg	129	22	313
Iron, Fe	mg	2.73	0.46	6.63
Magnesium, Mg	mg	5	1	12
Phosphorus, P	mg	390	66	948
Potassium, K	mg	109	19	265
Sodium, Na	mg	48	8	117
Zinc, Zn	mg	2.30	0.39	5.59
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.176	0.030	0.428
Riboflavin	mg	0.528	0.090	1.283
Niacin	mg	0.024	0.004	0.058
Vitamin B-6	mg	0.350	0.059	0.850
Folate, DFE	µg	146	25	355
Vitamin B-12	µg	1.95	0.33	4.74
Vitamin A, RAE	µg	381	65	926
Vitamin A, IU	IU	1442	245	3504
Vitamin E (alpha-tocopherol)	mg	2.58	0.44	6.27

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Vitamin D (D2 + D3)	µg	5.4	0.9	13.1
Vitamin D	IU	218	37	530
Vitamin K (phylloquinone)	µg	0.7	0.1	1.7
Lipids				
Fatty acids, total saturated	g	9.551	1.624	23.209
Fatty acids, total monounsaturated	g	11.738	1.995	28.523
Fatty acids, total polyunsaturated	g	4.204	0.715	10.216
Cholesterol	mg	1085	184	2637
Other				
Caffeine	mg	0	0	0