

Basic Report 01126, Egg, yolk, raw, frozen, pasteurized

Report Date: January 30, 2015 08:59 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	0.5 lb 227g
Proximates				
Water	g	56.77	16.09	128.87
Energy	kcal	299	85	679
Protein	g	15.33	4.35	34.80
Total lipid (fat)	g	25.24	7.16	57.29
Carbohydrate, by difference	g	1.30	0.37	2.95
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.17	0.05	0.39
Minerals				
Calcium, Ca	mg	133	38	302
Iron, Fe	mg	3.67	1.04	8.33
Magnesium, Mg	mg	11	3	25
Phosphorus, P	mg	420	119	953
Potassium, K	mg	121	34	275
Sodium, Na	mg	71	20	161
Zinc, Zn	mg	3.17	0.90	7.20
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.223	0.063	0.506
Riboflavin	mg	0.563	0.160	1.278
Niacin	mg	0.031	0.009	0.070
Vitamin B-6	mg	0.442	0.125	1.003
Folate, DFE	µg	151	43	343
Vitamin B-12	µg	1.64	0.46	3.72
Vitamin A, RAE	µg	395	112	897
Vitamin A, IU	IU	1330	377	3019
Vitamin E (alpha-tocopherol)	mg	2.24	0.64	5.08

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Vitamin D (D2 + D3)	µg	5.2	1.5	11.8
Vitamin D	IU	210	60	477
Vitamin K (phylloquinone)	µg	0.7	0.2	1.6
Lipids				
Fatty acids, total saturated	g	7.922	2.246	17.983
Fatty acids, total monounsaturated	g	9.775	2.771	22.189
Fatty acids, total polyunsaturated	g	4.248	1.204	9.643
Cholesterol	mg	991	281	2250
Other				
Caffeine	mg	0	0	0