

**Basic Report 01130, Egg, whole, cooked, omelet**

Report Date: January 25, 2015 15:19 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 tbsp 15g	1 large 61g
<b>Proximates</b>				
Water	g	76.13	11.42	46.44
Energy	kcal	154	23	94
Protein	g	10.57	1.59	6.45
Total lipid (fat)	g	11.66	1.75	7.11
Carbohydrate, by difference	g	0.64	0.10	0.39
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.31	0.05	0.19
<b>Minerals</b>				
Calcium, Ca	mg	48	7	29
Iron, Fe	mg	1.48	0.22	0.90
Magnesium, Mg	mg	11	2	7
Phosphorus, P	mg	167	25	102
Potassium, K	mg	117	18	71
Sodium, Na	mg	155	23	95
Zinc, Zn	mg	1.09	0.16	0.66
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.034	0.005	0.021
Riboflavin	mg	0.386	0.058	0.235
Niacin	mg	0.064	0.010	0.039
Vitamin B-6	mg	0.143	0.021	0.087
Folate, DFE	µg	39	6	24
Vitamin B-12	µg	0.76	0.11	0.46
Vitamin A, RAE	µg	172	26	105
Vitamin A, IU	IU	617	93	376
Vitamin E (alpha-tocopherol)	mg	1.29	0.19	0.79

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Vitamin D (D2 + D3)	µg	1.7	0.3	1.0
Vitamin D	IU	69	10	42
Vitamin K (phylloquinone)	µg	4.5	0.7	2.7
<b>Lipids</b>				
Fatty acids, total saturated	g	3.319	0.498	2.025
Fatty acids, total monounsaturated	g	4.843	0.726	2.954
Fatty acids, total polyunsaturated	g	2.712	0.407	1.654
Cholesterol	mg	313	47	191
<b>Other</b>				
Caffeine	mg	0	0	0