

Basic Report 01135, Egg, white, dried, flakes, stabilized, glucose reduced

Report Date: January 24, 2015 22:48 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	14.62	4.14	33.19
Energy	kcal	351	100	797
Protein	g	76.92	21.81	174.61
Total lipid (fat)	g	0.04	0.01	0.09
Carbohydrate, by difference	g	4.17	1.18	9.47
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	83	24	188
Iron, Fe	mg	0.23	0.07	0.52
Magnesium, Mg	mg	67	19	152
Phosphorus, P	mg	83	24	188
Potassium, K	mg	1042	295	2365
Sodium, Na	mg	1156	328	2624
Zinc, Zn	mg	0.15	0.04	0.34
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.035	0.010	0.079
Riboflavin	mg	2.162	0.613	4.908
Niacin	mg	0.675	0.191	1.532
Vitamin B-6	mg	0.023	0.007	0.052
Folate, DFE	µg	89	25	202
Vitamin B-12	µg	0.49	0.14	1.11
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Other				
Caffeine	mg	0	0	0