

Basic Report 01139, Egg, goose, whole, fresh, raw

Report Date: February 01, 2015 06:42 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 egg 144g
Proximates			
Water	g	70.43	101.42
Energy	kcal	185	266
Protein	g	13.87	19.97
Total lipid (fat)	g	13.27	19.11
Carbohydrate, by difference	g	1.35	1.94
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.94	1.35
Minerals			
Calcium, Ca	mg	60	86
Iron, Fe	mg	3.64	5.24
Magnesium, Mg	mg	16	23
Phosphorus, P	mg	208	300
Potassium, K	mg	210	302
Sodium, Na	mg	138	199
Zinc, Zn	mg	1.33	1.92
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.147	0.212
Riboflavin	mg	0.382	0.550
Niacin	mg	0.189	0.272
Vitamin B-6	mg	0.236	0.340
Folate, DFE	µg	76	109
Vitamin B-12	µg	5.10	7.34
Vitamin A, RAE	µg	187	269
Vitamin A, IU	IU	650	936
Vitamin E (alpha-tocopherol)	mg	1.29	1.86

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Vitamin D (D2 + D3)	µg	1.7	2.4
Vitamin D	IU	66	95
Vitamin K (phylloquinone)	µg	0.4	0.6
Lipids			
Fatty acids, total saturated	g	3.595	5.177
Fatty acids, total monounsaturated	g	5.747	8.276
Fatty acids, total polyunsaturated	g	1.672	2.408
Cholesterol	mg	852	1227
Other			
Caffeine	mg	0	0