

**Basic Report 01226, Egg substitute, liquid or frozen, fat free**

Report Date: January 31, 2015 05:06 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	0.25 cup 60g	1 cup 240g
<b>Proximates</b>				
Water	g	87.00	52.20	208.80
Energy	kcal	48	29	115
Protein	g	10.00	6.00	24.00
Total lipid (fat)	g	0.00	0.00	0.00
Carbohydrate, by difference	g	2.00	1.20	4.80
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	2.00	1.20	4.80
<b>Minerals</b>				
Calcium, Ca	mg	73	44	175
Iron, Fe	mg	1.98	1.19	4.75
Magnesium, Mg	mg	15	9	36
Phosphorus, P	mg	72	43	173
Potassium, K	mg	213	128	511
Sodium, Na	mg	199	119	478
Zinc, Zn	mg	0.98	0.59	2.35
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.5	0.3	1.2
Thiamin	mg	0.120	0.072	0.288
Riboflavin	mg	0.386	0.232	0.926
Niacin	mg	0.140	0.084	0.336
Vitamin B-6	mg	0.133	0.080	0.319
Folate, DFE	µg	16	10	38
Vitamin B-12	µg	0.34	0.20	0.82
Vitamin A, RAE	µg	11	7	26
Vitamin A, IU	IU	225	135	540
Vitamin E (alpha-tocopherol)	mg	1.59	0.95	3.82

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Vitamin D (D2 + D3)	µg	1.6	1.0	3.8
Vitamin D	IU	66	40	158
Vitamin K (phylloquinone)	µg	0.2	0.1	0.5
<b>Lipids</b>				
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
<b>Other</b>				
Caffeine	mg	0	0	0