

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

Report Date: February 26, 2015 17:56 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.25 cup 60g	1 cup 240g
Proximates				
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
Minerals				
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
Vitamins				
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
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