

Basic Report 01255, Egg, whole, raw, frozen, salted, pasteurized

Report Date: January 26, 2015 09:27 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 oz 28g
Proximates			
Water	g	67.83	18.99
Energy	kcal	138	39
Protein	g	10.97	3.07
Total lipid (fat)	g	10.07	2.82
Carbohydrate, by difference	g	0.83	0.23
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.07	0.02
Minerals			
Calcium, Ca	mg	55	15
Iron, Fe	mg	1.71	0.48
Magnesium, Mg	mg	9	3
Phosphorus, P	mg	186	52
Potassium, K	mg	128	36
Sodium, Na	mg	3663	1026
Zinc, Zn	mg	1.30	0.36
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.060	0.017
Riboflavin	mg	0.443	0.124
Niacin	mg	0.077	0.022
Vitamin B-6	mg	0.226	0.063
Folate, DFE	µg	69	19
Vitamin B-12	µg	1.21	0.34
Vitamin A, RAE	µg	149	42
Vitamin A, IU	IU	497	139
Vitamin E (alpha-tocopherol)	mg	0.80	0.22

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Vitamin D (D2 + D3)	µg	1.5	0.4
Vitamin D	IU	61	17
Vitamin K (phylloquinone)	µg	0.3	0.1
Lipids			
Fatty acids, total saturated	g	3.178	0.890
Fatty acids, total monounsaturated	g	4.000	1.120
Fatty acids, total polyunsaturated	g	1.627	0.456
Cholesterol	mg	387	108
Other			
Caffeine	mg	0	0