

Basic Report 01258, Egg, white, dried, stabilized, glucose reduced

Report Date: January 31, 2015 03:34 EST

Nutrient values and weights are for edible portion

Nutrient	Unit	1 Value Per100 g	1 cup, sifted 107g	1 tbsp 7g
Proximates				
Water	g	6.53	6.99	0.46
Energy	kcal	362	387	25
Protein	g	84.63	90.55	5.92
Total lipid (fat)	g	0.48	0.51	0.03
Carbohydrate, by difference	g	4.72	5.05	0.33
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	104	111	7
Iron, Fe	mg	0.23	0.25	0.02
Magnesium, Mg	mg	82	88	6
Phosphorus, P	mg	104	111	7
Potassium, K	mg	884	946	62
Sodium, Na	mg	1014	1085	71
Zinc, Zn	mg	0.13	0.14	0.01
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000
Riboflavin	mg	3.710	3.970	0.260
Niacin	mg	0.773	0.827	0.054
Vitamin B-6	mg	0.037	0.040	0.003
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.19	0.20	0.01
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	0.147	0.157	0.010
Fatty acids, total monounsaturated	g	0.173	0.185	0.012
Fatty acids, total polyunsaturated	g	0.070	0.075	0.005
Cholesterol	mg	20	21	1
Other				
Caffeine	mg	0	0	0