

Basic Report 01123, Egg, whole, raw, fresh

Report Date: August 24, 2019 12:00 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 large 50g	1 extra large 56g	1 jumbo 63g	1 cup (4.86 large eggs) 243g	1 medium 44g	1 small 38g
Proximates								
Water	g	76.15	38.08	42.64	47.97	185.04	33.51	28.94
Energy	kcal	143	72	80	90	347	63	54
Protein	g	12.56	6.28	7.03	7.91	30.52	5.53	4.77
Total lipid (fat)	g	9.51	4.75	5.33	5.99	23.11	4.18	3.61
Carbohydrate, by difference	g	0.72	0.36	0.40	0.45	1.75	0.32	0.27
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.37	0.18	0.21	0.23	0.90	0.16	0.14
Minerals								
Calcium, Ca	mg	56	28	31	35	136	25	21
Iron, Fe	mg	1.75	0.88	0.98	1.10	4.25	0.77	0.67
Magnesium, Mg	mg	12	6	7	8	29	5	5
Phosphorus, P	mg	198	99	111	125	481	87	75
Potassium, K	mg	138	69	77	87	335	61	52
Sodium, Na	mg	142	71	80	89	345	62	54
Zinc, Zn	mg	1.29	0.65	0.72	0.81	3.13	0.57	0.49
Vitamins								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.040	0.020	0.022	0.025	0.097	0.018	0.015
Riboflavin	mg	0.457	0.229	0.256	0.288	1.111	0.201	0.174
Niacin	mg	0.075	0.037	0.042	0.047	0.182	0.033	0.029
Vitamin B-6	mg	0.170	0.085	0.095	0.107	0.413	0.075	0.065
Folate, DFE	µg	47	24	26	30	114	21	18
Vitamin B-12	µg	0.89	0.45	0.50	0.56	2.16	0.39	0.34
Vitamin A, RAE	µg	160	80	90	101	389	70	61
Vitamin A, IU	IU	540	270	302	340	1312	238	205
Vitamin E (alpha-tocopherol)	mg	1.05	0.53	0.59	0.66	2.55	0.46	0.40

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Vitamin D (D2 + D3)	µg	2.0	1.0	1.1	1.3	4.9	0.9	0.8
Vitamin D	IU	82	41	46	52	199	36	31
Vitamin K (phylloquinone)	µg	0.3	0.1	0.2	0.2	0.7	0.1	0.1
Lipids								
Fatty acids, total saturated	g	3.126	1.563	1.751	1.969	7.596	1.375	1.188
Fatty acids, total monounsaturated	g	3.658	1.829	2.048	2.305	8.889	1.610	1.390
Fatty acids, total polyunsaturated	g	1.911	0.956	1.070	1.204	4.644	0.841	0.726
Fatty acids, total trans	g	0.038	0.019	0.021	0.024	0.092	0.017	0.014
Cholesterol	mg	372	186	208	234	904	164	141
Amino Acids								
Other								
Caffeine	mg	0	0	0	0	0	0	0