National Nutrient Database for Standard Reference
Release 1 April, 2018

Full Report (All Nutrients) 01123, Egg, whole, raw, fresh

Report Date: September 18, 2019 02:23 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Refuse:12% Refuse Description: Shell

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	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 [1]	g	76.15	12	0.120	38.08	42.64	47.97	185.04	33.51	28.94
Energy	kcal	143	--	--	72	80	90	347	63	54
Energy	kJ	599	--	--	300	335	377	1456	264	228
Protein [1]	g	12.56	12	0.100	6.28	7.03	7.91	30.52	5.53	4.77
Total lipid (fat) [1]	g	9.51	12	0.110	4.75	5.33	5.99	23.11	4.18	3.61
Ash [1]	g	1.06	12	0.030	0.53	0.59	0.67	2.58	0.47	0.40
Carbohydrate, by difference	g	0.72	--	--	0.36	0.40	0.45	1.75	0.32	0.27
Fiber, total dietary [2]	g	0.0	1	--	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total [1]	g	0.37	6	0.008	0.18	0.21	0.23	0.90	0.16	0.14
Sucrose [1]	g	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Glucose (dextrose) [1]	g	0.37	6	0.008	0.18	0.21	0.23	0.90	0.16	0.14
Fructose [1]	g	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Lactose [1]	g	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Maltose [1]	g	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Galactose [1]	g	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Minerals										
Calcium, Ca [1]	mg	56	6	0.000	28	31	35	136	25	21
Iron, Fe [1]	mg	1.75	6	0.040	0.88	0.98	1.10	4.25	0.77	0.67
Magnesium, Mg [1]	mg	12	6	0.000	6	7	8	29	5	5
Phosphorus, P [1]	mg	198	6	1.000	99	111	125	481	87	75

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 50g	1 extra large 56g	1 jumbo 63g	1 cup (4.86 large eggs) 243g	1 medium 44g	1 small 38g
Potassium, K [1]	mg	138	6	1.000	69	77	87	335	61	52
Sodium, Na [1]	mg	142	6	1.000	71	80	89	345	62	54
Zinc, Zn [1]	mg	1.29	6	0.010	0.65	0.72	0.81	3.13	0.57	0.49
Copper, Cu [1]	mg	0.072	6	0.001	0.036	0.040	0.045	0.175	0.032	0.027
Manganese, Mn [1]	mg	0.028	6	0.001	0.014	0.016	0.018	0.068	0.012	0.011
Selenium, Se [1]	µg	30.7	6	2.100	15.3	17.2	19.3	74.6	13.5	11.7
Fluoride, F [3]	µg	1.1	2	--	0.6	0.6	0.7	2.7	0.5	0.4
Vitamins										
Vitamin C, total ascorbic acid [2] [4]	mg	0.0	2	--	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin [1]	mg	0.040	6	0.003	0.020	0.022	0.025	0.097	0.018	0.015
Riboflavin [1]	mg	0.457	6	0.020	0.229	0.256	0.288	1.111	0.201	0.174
Niacin [1]	mg	0.075	6	0.002	0.037	0.042	0.047	0.182	0.033	0.029
Pantothenic acid [1]	mg	1.533	6	0.049	0.766	0.858	0.966	3.725	0.675	0.583
Vitamin B-6 [1]	mg	0.170	6	0.004	0.085	0.095	0.107	0.413	0.075	0.065
Folate, total [2] [4]	µg	47	23	4.000	24	26	30	114	21	18
Folic acid	µg	0	--	--	0	0	0	0	0	0
Folate, food	µg	47	23	4.000	24	26	30	114	21	18
Folate, DFE	µg	47	--	--	24	26	30	114	21	18
Choline, total [1]	mg	293.8	6	4.600	146.9	164.5	185.1	713.9	129.3	111.6
Betaine [1]	mg	0.3	6	0.028	0.1	0.2	0.2	0.7	0.1	0.1
Vitamin B-12 [1]	µg	0.89	6	0.090	0.45	0.50	0.56	2.16	0.39	0.34
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin A, RAE	µg	160	--	--	80	90	101	389	70	61
Retinol [1]	µg	160	6	6.000	80	90	101	389	70	61
Carotene, beta [1]	µg	0	6	0.000	0	0	0	0	0	0
Carotene, alpha [1]	µg	0	6	0.000	0	0	0	0	0	0
Cryptoxanthin, beta [1]	µg	9	6	0.000	4	5	6	22	4	3
Vitamin A, IU	IU	540	--	--	270	302	340	1312	238	205
Lycopene [1]	µg	0	6	0.000	0	0	0	0	0	0
Lutein + zeaxanthin [1]	µg	503	6	20.000	252	282	317	1222	221	191
Vitamin E (alpha-tocopherol) [1]	mg	1.05	6	0.110	0.53	0.59	0.66	2.55	0.46	0.40
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 50g	1 extra large 56g	1 jumbo 63g	1 cup (4.86 large eggs) 243g	1 medium 44g	1 small 38g
Tocopherol, beta [1]	mg	0.01	6	0.003	0.01	0.01	0.01	0.02	0.00	0.00
Tocopherol, gamma [1]	mg	0.50	6	0.040	0.25	0.28	0.32	1.22	0.22	0.19
Tocopherol, delta [1]	mg	0.06	6	0.030	0.03	0.03	0.04	0.15	0.03	0.02
Tocotrienol, alpha [1]	mg	0.06	6	0.004	0.03	0.03	0.04	0.15	0.03	0.02
Tocotrienol, beta [1]	mg	0.00	6	0.001	0.00	0.00	0.00	0.00	0.00	0.00
Tocotrienol, gamma [1]	mg	0.01	6	0.003	0.01	0.01	0.01	0.02	0.00	0.00
Tocotrienol, delta [1]	mg	0.00	6	0.000	0.00	0.00	0.00	0.00	0.00	0.00
Vitamin D (D2 + D3)	µg	2.0	10	--	1.0	1.1	1.3	4.9	0.9	0.8
Vitamin D3 (cholecalciferol) [1]	µg	2.0	10	0.800	1.0	1.1	1.3	4.9	0.9	0.8
Vitamin D [1]	IU	82	10	32.000	41	46	52	199	36	31
Vitamin K (phylloquinone) [2] [4]	µg	0.3	2	--	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
4:0 [1]	g	0.004	12	0.000	0.002	0.002	0.003	0.010	0.002	0.002
6:0 [1]	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
8:0 [1]	g	0.004	12	0.000	0.002	0.002	0.003	0.010	0.002	0.002
10:0 [1]	g	0.006	12	0.000	0.003	0.003	0.004	0.015	0.003	0.002
12:0 [1]	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
14:0 [1]	g	0.033	12	0.001	0.017	0.018	0.021	0.080	0.015	0.013
15:0 [1]	g	0.008	12	0.000	0.004	0.004	0.005	0.019	0.004	0.003
16:0 [1]	g	2.231	12	0.039	1.115	1.249	1.406	5.421	0.982	0.848
17:0 [1]	g	0.022	12	0.001	0.011	0.012	0.014	0.053	0.010	0.008
18:0 [1]	g	0.811	12	0.016	0.406	0.454	0.511	1.971	0.357	0.308
20:0 [1]	g	0.003	12	0.000	0.002	0.002	0.002	0.007	0.001	0.001
22:0 [1]	g	0.004	12	0.000	0.002	0.002	0.003	0.010	0.002	0.002
24:0 [1]	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	3.658	--	--	1.829	2.048	2.305	8.889	1.610	1.390
14:1 [1]	g	0.007	12	0.000	0.004	0.004	0.004	0.017	0.003	0.003
15:1 [1]	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
16:1 undifferentiated [1]	g	0.201	12	0.008	0.101	0.113	0.127	0.488	0.088	0.076
16:1 c [1]	g	0.198	12	0.008	0.099	0.111	0.125	0.481	0.087	0.075
16:1 t [1]	g	0.003	12	0.000	0.002	0.002	0.002	0.007	0.001	0.001

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 50g	1 extra large 56g	1 jumbo 63g	1 cup (4.86 large eggs) 243g	1 medium 44g	1 small 38g
17:1 [1]	g	0.012	12	0.001	0.006	0.007	0.008	0.029	0.005	0.005
18:1 undifferentiated [1]	g	3.411	12	0.050	1.706	1.910	2.149	8.289	1.501	1.296
18:1 c [1]	g	3.388	12	0.051	1.694	1.897	2.134	8.233	1.491	1.287
18:1 t [1]	g	0.023	12	0.002	0.011	0.013	0.014	0.056	0.010	0.009
20:1 [1]	g	0.027	12	0.001	0.014	0.015	0.017	0.066	0.012	0.010
22:1 undifferentiated [1]	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:1 c [1]	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:1 t [1]	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
24:1 c [1]	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	1.911	--	--	0.956	1.070	1.204	4.644	0.841	0.726
18:2 undifferentiated [1]	g	1.555	12	0.062	0.777	0.871	0.980	3.779	0.684	0.591
18:2 n-6 c,c [1]	g	1.531	12	0.062	0.765	0.857	0.965	3.720	0.674	0.582
18:2 CLAs [1]	g	0.012	12	0.001	0.006	0.007	0.008	0.029	0.005	0.005
18:2 t not further defined [1]	g	0.012	12	0.001	0.006	0.007	0.008	0.029	0.005	0.005
18:3 undifferentiated [1]	g	0.048	12	0.002	0.024	0.027	0.030	0.117	0.021	0.018
18:3 n-3 c,c,c (ALA) [1]	g	0.036	12	0.002	0.018	0.020	0.023	0.087	0.016	0.014
18:3 n-6 c,c,c [1]	g	0.012	12	0.000	0.006	0.007	0.008	0.029	0.005	0.005
18:4 [1]	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
20:2 n-6 c,c [1]	g	0.018	12	0.001	0.009	0.010	0.011	0.044	0.008	0.007
20:3 undifferentiated [1]	g	0.023	12	0.000	0.011	0.013	0.014	0.056	0.010	0.009
20:3 n-6 [1]	g	0.022	12	0.000	0.011	0.012	0.014	0.053	0.010	0.008
20:4 undifferentiated [1]	g	0.188	12	0.005	0.094	0.105	0.118	0.457	0.083	0.071
20:5 n-3 (EPA) [1]	g	0.000	12	0.000	0.000	0.000	0.000	0.000	0.000	0.000
22:4 [1]	g	0.013	12	0.001	0.007	0.007	0.008	0.032	0.006	0.005
22:5 n-3 (DPA) [1]	g	0.007	12	0.000	0.004	0.004	0.004	0.017	0.003	0.003
22:6 n-3 (DHA) [1]	g	0.058	12	0.002	0.029	0.032	0.037	0.141	0.026	0.022
Fatty acids, total trans	g	0.038	--	--	0.019	0.021	0.024	0.092	0.017	0.014
Fatty acids, total trans-monoenoic	g	0.026	--	--	0.013	0.015	0.016	0.063	0.011	0.010
Cholesterol [1]	mg	372	12	6.000	186	208	234	904	164	141
Amino Acids										
Tryptophan [2] [4]	g	0.167	--	--	0.083	0.094	0.105	0.406	0.073	0.063
Threonine [2] [4]	g	0.556	--	--	0.278	0.311	0.350	1.351	0.245	0.211

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 50g	1 extra large 56g	1 jumbo 63g	1 cup (4.86 large eggs) 243g	1 medium 44g	1 small 38g
Isoleucine [2 4]	g	0.671	--	--	0.336	0.376	0.423	1.631	0.295	0.255
Leucine [2 4]	g	1.086	--	--	0.543	0.608	0.684	2.639	0.478	0.413
Lysine [2 4]	g	0.912	--	--	0.456	0.511	0.575	2.216	0.401	0.347
Methionine [2 4]	g	0.380	--	--	0.190	0.213	0.239	0.923	0.167	0.144
Cystine [2 4]	g	0.272	--	--	0.136	0.152	0.171	0.661	0.120	0.103
Phenylalanine [2 4]	g	0.680	--	--	0.340	0.381	0.428	1.652	0.299	0.258
Tyrosine [2 4]	g	0.499	--	--	0.249	0.279	0.314	1.213	0.220	0.190
Valine [2 4]	g	0.858	--	--	0.429	0.480	0.541	2.085	0.378	0.326
Arginine [2 4]	g	0.820	--	--	0.410	0.459	0.517	1.993	0.361	0.312
Histidine [2 4]	g	0.309	--	--	0.154	0.173	0.195	0.751	0.136	0.117
Alanine [2 4]	g	0.735	--	--	0.367	0.412	0.463	1.786	0.323	0.279
Aspartic acid [2 4]	g	1.329	--	--	0.664	0.744	0.837	3.229	0.585	0.505
Glutamic acid [2 4]	g	1.673	--	--	0.837	0.937	1.054	4.065	0.736	0.636
Glycine [2 4]	g	0.432	--	--	0.216	0.242	0.272	1.050	0.190	0.164
Proline [2 4]	g	0.512	--	--	0.256	0.287	0.323	1.244	0.225	0.195
Serine [2 4]	g	0.971	--	--	0.485	0.544	0.612	2.360	0.427	0.369
Other										
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0	0	0	0
Theobromine	mg	0	--	--	0	0	0	0	0	0
Flavonoids										
Isoflavones										
Daidzein [5 6]	mg	0.02	2	--	0.01	0.01	0.01	0.05	0.01	0.01
Genistein [5 6]	mg	0.02	1	--	0.01	0.01	0.01	0.05	0.01	0.01
Glycitein	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00
Total isoflavones [5 6]	mg	0.05	1	--	0.03	0.03	0.03	0.12	0.02	0.02
Biochanin A	mg	0.05	1	--	0.03	0.03	0.03	0.12	0.02	0.02
Formononetin	mg	0.05	1	--	0.03	0.03	0.03	0.12	0.02	0.02
Coumestrol	mg	0.00	1	--	0.00	0.00	0.00	0.00	0.00	0.00

Sources of Data

[1] *Nutrient Data Laboratory, ARS, USDA* **National Food and Nutrient Analysis Program Wave 14e,** 2010 Beltsville MD

[2] *Nutrient Data Laboratory, ARS, USDA* **National Food and Nutrient Analysis Program Wave 6b,** 2002 Beltsville MD

[3] *A. Kingman* **Unpublished data. NIDR/NIH, 1984,** 1984 Unpublished data. NIDR/NIH, 1984.

[4] *Nutrient Data Laboratory, ARS, USDA* **National Food and Nutrient Analysis Program Wave 5b,** 2000 Beltsville MD

[5]*Horn-Ross, P. L., Barnes, S., Lee, M., Coward, L., Mandel, E., Koo, J., John, E. M., and Smith, M.* **Assesing phytoestrogen exposure in epidemiologic studies: development of a database (United States).,** 2000 Cancer Causes and Control 11 pp.289-298

[6]*Pei et al.* **Isoflavone content of eggs sampled in the Beltsville, Maryland Area.,** 2015 Unpublished data