

Basic Report 01124, Egg, white, raw, fresh

Report Date: September 19, 2019 15:33 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 large 33g	1 cup 243g
Proximates				
Water	g	87.57	28.90	212.80
Energy	kcal	52	17	126
Protein	g	10.90	3.60	26.49
Total lipid (fat)	g	0.17	0.06	0.41
Carbohydrate, by difference	g	0.73	0.24	1.77
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.71	0.23	1.73
Minerals				
Calcium, Ca	mg	7	2	17
Iron, Fe	mg	0.08	0.03	0.19
Magnesium, Mg	mg	11	4	27
Phosphorus, P	mg	15	5	36
Potassium, K	mg	163	54	396
Sodium, Na	mg	166	55	403
Zinc, Zn	mg	0.03	0.01	0.07
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.004	0.001	0.010
Riboflavin	mg	0.439	0.145	1.067
Niacin	mg	0.105	0.035	0.255
Vitamin B-6	mg	0.005	0.002	0.012
Folate, DFE	µg	4	1	10
Vitamin B-12	µg	0.09	0.03	0.22
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	0.000	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
Amino Acids				
Other				
Caffeine	mg	0	0	0