

Basic Report 01129, Egg, whole, cooked, hard-boiled

Report Date: January 16, 2019 09:49 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, chopped 136g	1 tbsp 8.5g	1 large 50g
Proximates					
Water	g	74.62	101.48	6.34	37.31
Energy	kcal	155	211	13	78
Protein	g	12.58	17.11	1.07	6.29
Total lipid (fat)	g	10.61	14.43	0.90	5.30
Carbohydrate, by difference	g	1.12	1.52	0.10	0.56
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	1.12	1.52	0.10	0.56
Minerals					
Calcium, Ca	mg	50	68	4	25
Iron, Fe	mg	1.19	1.62	0.10	0.59
Magnesium, Mg	mg	10	14	1	5
Phosphorus, P	mg	172	234	15	86
Potassium, K	mg	126	171	11	63
Sodium, Na	mg	124	169	11	62
Zinc, Zn	mg	1.05	1.43	0.09	0.53
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.066	0.090	0.006	0.033
Riboflavin	mg	0.513	0.698	0.044	0.257
Niacin	mg	0.064	0.087	0.005	0.032
Vitamin B-6	mg	0.121	0.165	0.010	0.060
Folate, DFE	µg	44	60	4	22
Vitamin B-12	µg	1.11	1.51	0.09	0.56
Vitamin A, RAE	µg	149	203	13	74
Vitamin A, IU	IU	520	707	44	260
Vitamin E (alpha-tocopherol)	mg	1.03	1.40	0.09	0.52

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Vitamin D (D2 + D3)	µg	2.2	3.0	0.2	1.1
Vitamin D	IU	87	118	7	44
Vitamin K (phylloquinone)	µg	0.3	0.4	0.0	0.1
Lipids					
Fatty acids, total saturated	g	3.267	4.443	0.278	1.633
Fatty acids, total monounsaturated	g	4.077	5.545	0.347	2.038
Fatty acids, total polyunsaturated	g	1.414	1.923	0.120	0.707
Cholesterol	mg	373	507	32	186
Amino Acids					
Other					
Caffeine	mg	0	0	0	0