

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

Report Date: August 20, 2019 20:49 EDT

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
<b>Proximates</b>					
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
<b>Minerals</b>					
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
<b>Vitamins</b>					
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
<b>Lipids</b>					
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
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0