

## Basic Report 01132, Egg, whole, cooked, scrambled

Report Date: August 17, 2019 16:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 large 61g	1 tbsp 13.7g	1 cup 220g
<b>Proximates</b>					
Water	g	76.40	46.60	10.47	168.08
Energy	kcal	149	91	20	328
Protein	g	9.99	6.09	1.37	21.98
Total lipid (fat)	g	10.98	6.70	1.50	24.16
Carbohydrate, by difference	g	1.61	0.98	0.22	3.54
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	1.39	0.85	0.19	3.06
<b>Minerals</b>					
Calcium, Ca	mg	66	40	9	145
Iron, Fe	mg	1.31	0.80	0.18	2.88
Magnesium, Mg	mg	11	7	2	24
Phosphorus, P	mg	165	101	23	363
Potassium, K	mg	132	81	18	290
Sodium, Na	mg	145	88	20	319
Zinc, Zn	mg	1.04	0.63	0.14	2.29
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.040	0.024	0.005	0.088
Riboflavin	mg	0.376	0.229	0.052	0.827
Niacin	mg	0.076	0.046	0.010	0.167
Vitamin B-6	mg	0.134	0.082	0.018	0.295
Folate, DFE	µg	36	22	5	79
Vitamin B-12	µg	0.76	0.46	0.10	1.67
Vitamin A, RAE	µg	161	98	22	354
Vitamin A, IU	IU	578	353	79	1272
Vitamin E (alpha-tocopherol)	mg	1.15	0.70	0.16	2.53

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 large 61g</b>	<b>1 tbsp 13.7g</b>	<b>1 cup 220g</b>
Vitamin D (D2 + D3)	µg	1.8	1.1	0.2	4.0
Vitamin D	IU	72	44	10	158
Vitamin K (phylloquinone)	µg	4.0	2.4	0.5	8.8
<b>Lipids</b>					
Fatty acids, total saturated	g	3.331	2.032	0.456	7.328
Fatty acids, total monounsaturated	g	4.441	2.709	0.608	9.770
Fatty acids, total polyunsaturated	g	2.429	1.482	0.333	5.344
Fatty acids, total trans	g	0.624	0.381	0.085	1.373
Cholesterol	mg	277	169	38	609
<b>Amino Acids</b>					
<b>Other</b>					
Caffeine	mg	0	0	0	0