

## Basic Report 01124, Egg, white, raw, fresh

Report Date: September 18, 2019 20:59 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 large 33g	1 cup 243g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0