

## Basic Report 01125, Egg, yolk, raw, fresh

Report Date: December 13, 2017 00:14 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 large 17g	1 cup 243g
<b>Proximates</b>				
Water	g	52.31	8.89	127.11
Energy	kcal	322	55	782
Protein	g	15.86	2.70	38.54
Total lipid (fat)	g	26.54	4.51	64.49
Carbohydrate, by difference	g	3.59	0.61	8.72
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.56	0.10	1.36
<b>Minerals</b>				
Calcium, Ca	mg	129	22	313
Iron, Fe	mg	2.73	0.46	6.63
Magnesium, Mg	mg	5	1	12
Phosphorus, P	mg	390	66	948
Potassium, K	mg	109	19	265
Sodium, Na	mg	48	8	117
Zinc, Zn	mg	2.30	0.39	5.59
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.176	0.030	0.428
Riboflavin	mg	0.528	0.090	1.283
Niacin	mg	0.024	0.004	0.058
Vitamin B-6	mg	0.350	0.059	0.850
Folate, DFE	µg	146	25	355
Vitamin B-12	µg	1.95	0.33	4.74
Vitamin A, RAE	µg	381	65	926
Vitamin A, IU	IU	1442	245	3504
Vitamin E (alpha-tocopherol)	mg	2.58	0.44	6.27

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Vitamin D (D2 + D3)	µg	5.4	0.9	13.1
Vitamin D	IU	218	37	530
Vitamin K (phylloquinone)	µg	0.7	0.1	1.7
<b>Lipids</b>				
Fatty acids, total saturated	g	9.551	1.624	23.209
Fatty acids, total monounsaturated	g	11.738	1.995	28.523
Fatty acids, total polyunsaturated	g	4.204	0.715	10.216
Cholesterol	mg	1085	184	2637
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0