

Full Report (All Nutrients) 01125, Egg, yolk, raw, fresh

Report Date: September 26, 2017 13:58 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 17g	1 cup 243g
Proximates						
Water 1	g	52.31	12	0.204	8.89	127.11
Energy	kcal	322	--	--	55	782
Energy	kJ	1346	--	--	229	3271
Protein 1	g	15.86	12	0.087	2.70	38.54
Total lipid (fat) 1	g	26.54	12	0.240	4.51	64.49
Ash 1	g	1.71	12	0.028	0.29	4.16
Carbohydrate, by difference	g	3.59	--	--	0.61	8.72
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total 1	g	0.56	1	--	0.10	1.36
Sucrose 1	g	0.07	1	--	0.01	0.17
Glucose (dextrose) 1	g	0.18	1	--	0.03	0.44
Fructose 1	g	0.07	1	--	0.01	0.17
Lactose 1	g	0.07	1	--	0.01	0.17
Maltose 1	g	0.07	1	--	0.01	0.17
Galactose 1	g	0.07	1	--	0.01	0.17
Minerals						
Calcium, Ca 1	mg	129	12	2.670	22	313
Iron, Fe 1	mg	2.73	12	0.144	0.46	6.63
Magnesium, Mg 1	mg	5	12	0.225	1	12
Phosphorus, P 1	mg	390	12	9.897	66	948
Potassium, K 1	mg	109	12	3.859	19	265
Sodium, Na 1	mg	48	12	1.657	8	117

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 17g	1 cup 243g
Zinc, Zn 1	mg	2.30	12	0.085	0.39	5.59
Copper, Cu 1	mg	0.077	12	0.006	0.013	0.187
Manganese, Mn 1	mg	0.055	12	0.004	0.009	0.134
Selenium, Se 1	µg	56.0	4	8.030	9.5	136.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin 1	mg	0.176	4	0.021	0.030	0.428
Riboflavin 1	mg	0.528	12	0.027	0.090	1.283
Niacin 1	mg	0.024	4	0.002	0.004	0.058
Pantothenic acid 1	mg	2.990	1	--	0.508	7.266
Vitamin B-6 1	mg	0.350	1	--	0.059	0.850
Folate, total	µg	146	7	6.989	25	355
Folic acid	µg	0	--	--	0	0
Folate, food	µg	146	7	6.989	25	355
Folate, DFE	µg	146	--	--	25	355
Choline, total	mg	820.2	--	--	139.4	1993.1
Betaine 1	mg	0.9	4	0.100	0.2	2.2
Vitamin B-12 1	µg	1.95	12	0.316	0.33	4.74
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	381	--	--	65	926
Retinol	µg	371	--	--	63	902
Carotene, beta 1	µg	88	4	12.173	15	214
Carotene, alpha 1	µg	38	4	4.877	6	92
Cryptoxanthin, beta 1	µg	33	4	2.862	6	80
Vitamin A, IU	IU	1442	--	--	245	3504
Lycopene 1	µg	0	4	0.000	0	0
Lutein + zeaxanthin	µg	1094	--	--	186	2658
Vitamin E (alpha-tocopherol)	mg	2.58	--	--	0.44	6.27
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.05	--	--	0.01	0.12
Tocopherol, gamma	mg	1.33	--	--	0.23	3.23
Tocopherol, delta	mg	0.06	--	--	0.01	0.15
Vitamin D (D2 + D3)	µg	5.4	--	--	0.9	13.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 large 17g	1 cup 243g
Vitamin D3 (cholecalciferol)	µg	5.4	--	--	0.9	13.1
Vitamin D	IU	218	--	--	37	530
Vitamin K (phylloquinone) 1	µg	0.7	1	--	0.1	1.7
Lipids						
Fatty acids, total saturated	g	9.551	--	--	1.624	23.209
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.009	33	--	0.002	0.022
10:0	g	0.009	33	--	0.002	0.022
12:0	g	0.009	33	--	0.002	0.022
14:0	g	0.104	33	--	0.018	0.253
15:0	g	0.013	1	--	0.002	0.032
16:0	g	6.860	33	--	1.166	16.670
17:0	g	0.051	1	--	0.009	0.124
18:0	g	2.417	33	--	0.411	5.873
20:0	g	0.032	1	--	0.005	0.078
22:0	g	0.038	1	--	0.006	0.092
24:0	g	0.009	1	--	0.002	0.022
Fatty acids, total monounsaturated	g	11.738	--	--	1.995	28.523
14:1	g	0.024	1	--	0.004	0.058
16:1 undifferentiated	g	0.918	33	--	0.156	2.231
18:1 undifferentiated	g	10.701	33	--	1.819	26.003
20:1	g	0.086	33	--	0.015	0.209
22:1 undifferentiated	g	0.009	33	--	0.002	0.022
Fatty acids, total polyunsaturated	g	4.204	--	--	0.715	10.216
18:2 undifferentiated	g	3.538	33	--	0.601	8.597
18:3 undifferentiated	g	0.103	33	--	0.018	0.250
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.438	33	--	0.074	1.064
20:5 n-3 (EPA)	g	0.011	33	--	0.002	0.027
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.114	33	--	0.019	0.277
Cholesterol	mg	1085	--	--	184	2637

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Amino Acids						
Tryptophan 1	g	0.177	--	--	0.030	0.430
Threonine 1	g	0.687	--	--	0.117	1.669
Isoleucine 1	g	0.866	--	--	0.147	2.104
Leucine 1	g	1.399	--	--	0.238	3.400
Lysine 1	g	1.217	--	--	0.207	2.957
Methionine 1	g	0.378	--	--	0.064	0.919
Cystine 1	g	0.264	--	--	0.045	0.642
Phenylalanine 1	g	0.681	--	--	0.116	1.655
Tyrosine 1	g	0.678	--	--	0.115	1.648
Valine 1	g	0.949	--	--	0.161	2.306
Arginine 1	g	1.099	--	--	0.187	2.671
Histidine 1	g	0.416	--	--	0.071	1.011
Alanine 1	g	0.836	--	--	0.142	2.031
Aspartic acid 1	g	1.550	--	--	0.264	3.767
Glutamic acid 1	g	1.970	--	--	0.335	4.787
Glycine 1	g	0.488	--	--	0.083	1.186
Proline 1	g	0.646	--	--	0.110	1.570
Serine 1	g	1.326	--	--	0.225	3.222
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0
Flavonoids						
Isoflavones						
Daidzein 2	mg	0.02	1	--	0.00	0.05
Genistein 2	mg	0.01	1	--	0.00	0.02
Glycitein 2	mg	0.00	1	--	0.00	0.00

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6d, 2002 Beltsville MD

²Pei et al. Isoflavone content of eggs sampled in the Beltsville, Maryland Area., 2015 Unpublished data