

Statistics Report 01125, Egg, yolk, raw, fresh
Report Date: July 20, 2019 01:12 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1	g	52.31	12	0.200	51.14	53.51	11.0	51.85	52.75	1	Analytical or derived from analytical	--	03/2003
Energy	kcal	322	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2010
Energy	kJ	1346	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2010
Protein 1	g	15.86	12	0.080	15.46	16.38	11.0	15.66	16.04	1	Analytical or derived from analytical	--	03/2003
Total lipid (fat) 1	g	26.54	12	0.240	25.41	28.61	11.0	26.01	27.07	1	Analytical or derived from analytical	--	03/2003
Ash 1	g	1.71	12	0.020	1.6	1.88	11.0	1.64	1.76	1	Analytical or derived from analytical	--	03/2003
Carbohydrate, by difference	g	3.59	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2010
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1976
Sugars, total 1	g	0.56	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Sucrose 1	g	0.07	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003

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Glucose (dextrose) 1	g	0.18	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Fructose 1	g	0.07	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lactose 1	g	0.07	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Maltose 1	g	0.07	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Galactose 1	g	0.07	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Minerals													
Calcium, Ca 1	mg	129	12	2.000	118	153	11.0	123.0	134.0	1	Analytical or derived from analytical	--	03/2003
Iron, Fe 1	mg	2.73	12	0.140	1.68	3.47	11.0	2.41	3.04	1	Analytical or derived from analytical	--	03/2003
Magnesium, Mg 1	mg	5	12	0.000	3	6	11.0	4.0	5.0	1	Analytical or derived from analytical	--	03/2003
Phosphorus, P 1	mg	390	12	9.000	352	437	11.0	368.0	411.0	1	Analytical or derived from analytical	--	03/2003
Potassium, K 1	mg	109	12	3.000	90	134	11.0	100.0	117.0	1	Analytical or derived from analytical	--	03/2003

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Sodium, Na 1	mg	48	12	1.000	39	58	11.0	44.0	51.0	1	Analytical or derived from analytical	--	03/2003
Zinc, Zn 1	mg	2.30	12	0.080	1.84	2.71	11.0	2.11	2.48	1	Analytical or derived from analytical	--	03/2003
Copper, Cu 1	mg	0.077	12	0.006	0.05	0.13	11.0	0.064	0.09	1	Analytical or derived from analytical	--	03/2003
Manganese, Mn 1	mg	0.055	12	0.004	0.04	0.08	11.0	0.047	0.064	1	Analytical or derived from analytical	--	01/2003
Selenium, Se 1	µg	56.0	4	8.000	41.6	72.4	3.0	30.4	81.5	1	Analytical or derived from analytical	--	03/2003
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	--	--	0	0	--	--	--	--	Calculated or imputed	--	11/1976
Thiamin 1	mg	0.176	4	0.021	0.13	0.23	3.0	0.109	0.242	1	Analytical or derived from analytical	--	03/2003
Riboflavin 1	mg	0.528	12	0.027	0.33	0.69	11.0	0.468	0.588	1	Analytical or derived from analytical	--	03/2003
Niacin 1	mg	0.024	4	0.002	0.02	0.03	3.0	0.018	0.031	1	Analytical or derived from analytical	--	03/2003
Pantothenic acid 1	mg	2.990	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin B-6 1	mg	0.350	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	03/2003
Folate, total	µg	146	7	6.000	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	146	7	6.000	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2010
Folate, DFE	µg	146	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2010
Choline, total	mg	820.2	--	--	0	0	--	--	--	--	Calculated or imputed	01123	05/2011
Betaine 1	mg	0.9	4	0.100	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2006
Vitamin B-12 1	µg	1.95	12	0.310	1.02	4.5	11.0	1.25	2.64	1	Analytical or derived from analytical	--	03/2003
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	381	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2010
Retinol	µg	371	--	--	0	0	--	--	--	--	Calculated or imputed	01123	01/2003
Carotene, beta 1	µg	88	4	12.000	70	124	3.0	49.0	127.0	1	Analytical or derived from analytical	--	01/2003
Carotene, alpha 1	µg	38	4	4.000	28	51	3.0	22.0	53.0	1	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cryptoxanthin, beta 1	µg	33	4	2.000	25	38	3.0	24.0	42.0	1	Analytical or derived from analytical	--	01/2003
Vitamin A, IU	IU	1442	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2010
Lycopene 1	µg	0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2003
Lutein + zeaxanthin	µg	1094	--	--	0	0	--	--	--	--	Calculated or imputed	--	01/2003
Vitamin E (alpha-tocopherol)	mg	2.58	--	--	0	0	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta	mg	0.05	--	--	0	0	--	--	--	--	Calculated or imputed	01123	01/2003
Tocopherol, gamma	mg	1.33	--	--	0	0	--	--	--	--	Calculated or imputed	01123	01/2003
Tocopherol, delta	mg	0.06	--	--	0	0	--	--	--	--	Calculated or imputed	01123	01/2003
Tocotrienol, alpha	mg	0.03	--	--	0	0	--	--	--	--	Calculated or imputed	01123	01/2003
Tocotrienol, beta	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	01123	01/2003
Tocotrienol, gamma	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	01123	01/2003
Tocotrienol, delta	mg	0.00	--	--	0	0	--	--	--	--	Calculated or imputed	01123	01/2003
Vitamin D (D2 + D3)	µg	5.4	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	09/2010
Vitamin D3 (cholecalciferol)	µg	5.4	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin D	IU	218	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2010

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin K (phylloquinone) 1	µg	0.7	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lipids													
Fatty acids, total saturated	g	9.551	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2010
4:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
6:0	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
8:0	g	0.009	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
10:0	g	0.009	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
12:0	g	0.009	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
14:0	g	0.104	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
15:0	g	0.013	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:0	g	6.860	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976

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17:0	g	0.051	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:0	g	2.417	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:0	g	0.032	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
22:0	g	0.038	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
24:0	g	0.009	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total monounsaturated	g	11.738	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2010
14:1	g	0.024	1	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
16:1 undifferentiated	g	0.918	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:1 undifferentiated	g	10.701	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:1	g	0.086	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated	g	0.009	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Fatty acids, total polyunsaturated	g	4.204	--	--	0	0	--	--	--	--	Calculated or imputed	--	09/2010
18:2 undifferentiated	g	3.538	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:3 undifferentiated	g	0.103	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
18:4	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
20:4 undifferentiated	g	0.438	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
20:5 n-3 (EPA)	g	0.011	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
22:5 n-3 (DPA)	g	0.000	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	02/1995
22:6 n-3 (DHA)	g	0.114	33	--	0	0	--	--	--	--	Analytical or derived from analytical	--	11/1976
Cholesterol	mg	1085	--	--	0	0	--	--	--	--	Calculated or imputed	--	08/2010
Amino Acids													
Tryptophan 1	g	0.177	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Threonine 1	g	0.687	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Isoleucine 1	g	0.866	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Leucine 1	g	1.399	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Lysine 1	g	1.217	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Methionine 1	g	0.378	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Cystine 1	g	0.264	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Phenylalanine 1	g	0.681	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Tyrosine 1	g	0.678	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Valine 1	g	0.949	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Arginine 1	g	1.099	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Histidine 1	g	0.416	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Alanine 1	g	0.836	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Aspartic acid 1	g	1.550	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glutamic acid 1	g	1.970	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Glycine 1	g	0.488	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Proline 1	g	0.646	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Serine 1	g	1.326	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	01/2003
Other													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2001
Flavonoids													
Isoflavones													
Daidzein 2	mg	0.02	--	--	0	0	--	--	--	--	--	--	--
Genistein 2	mg	0.01	--	--	0	0	--	--	--	--	--	--	--
Glycitein 2	mg	0.00	--	--	0	0	--	--	--	--	--	--	--

Sources of Data

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

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