

Basic Report 01126, Egg, yolk, raw, frozen, pasteurized

Report Date: March 24, 2018 19:35 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	0.5 lb 227g
Proximates				
Water	g	56.44	16.00	128.12
Energy	kcal	296	84	672
Protein	g	15.53	4.40	35.25
Total lipid (fat)	g	25.60	7.26	58.11
Carbohydrate, by difference	g	0.81	0.23	1.84
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.16	0.05	0.36
Minerals				
Calcium, Ca	mg	134	38	304
Iron, Fe	mg	4.55	1.29	10.33
Magnesium, Mg	mg	11	3	25
Phosphorus, P	mg	420	119	953
Potassium, K	mg	121	34	275
Sodium, Na	mg	67	19	152
Zinc, Zn	mg	3.17	0.90	7.20
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.223	0.063	0.506
Riboflavin	mg	0.563	0.160	1.278
Niacin	mg	0.031	0.009	0.070
Vitamin B-6	mg	0.412	0.117	0.935
Folate, DFE	µg	151	43	343
Vitamin B-12	µg	1.90	0.54	4.31
Vitamin A, RAE	µg	419	119	951
Vitamin A, IU	IU	1469	416	3335
Vitamin E (alpha-tocopherol)	mg	2.24	0.64	5.08

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Vitamin D (D2 + D3)	µg	6.0	1.7	13.6
Vitamin D	IU	238	67	540
Vitamin K (phylloquinone)	µg	0.7	0.2	1.6
Lipids				
Fatty acids, total saturated	g	8.615	2.442	19.556
Fatty acids, total monounsaturated	g	9.956	2.823	22.600
Fatty acids, total polyunsaturated	g	4.827	1.368	10.957
Fatty acids, total trans	g	0.098	0.028	0.222
Cholesterol	mg	991	281	2250
Amino Acids				
Other				
Caffeine	mg	0	0	0