

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

Report Date: June 26, 2017 20:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	0.5 lb 227g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0