

Basic Report 01128, Egg, whole, cooked, fried

Report Date: September 17, 2019 00:48 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 large 46g
Proximates			
Water	g	69.47	31.96
Energy	kcal	196	90
Protein	g	13.61	6.26
Total lipid (fat)	g	14.84	6.83
Carbohydrate, by difference	g	0.83	0.38
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.40	0.18
Minerals			
Calcium, Ca	mg	62	29
Iron, Fe	mg	1.89	0.87
Magnesium, Mg	mg	13	6
Phosphorus, P	mg	215	99
Potassium, K	mg	152	70
Sodium, Na	mg	207	95
Zinc, Zn	mg	1.39	0.64
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.044	0.020
Riboflavin	mg	0.495	0.228
Niacin	mg	0.082	0.038
Vitamin B-6	mg	0.184	0.085
Folate, DFE	µg	51	23
Vitamin B-12	µg	0.97	0.45
Vitamin A, RAE	µg	219	101
Vitamin A, IU	IU	787	362
Vitamin E (alpha-tocopherol)	mg	1.31	0.60

Nutrient	Unit	1 Value Per100 g	1 large 46g
Vitamin D (D2 + D3)	µg	2.2	1.0
Vitamin D	IU	88	40
Vitamin K (phylloquinone)	µg	5.6	2.6
Lipids			
Fatty acids, total saturated	g	4.323	1.989
Fatty acids, total monounsaturated	g	6.182	2.844
Fatty acids, total polyunsaturated	g	3.251	1.495
Fatty acids, total trans	g	0.041	0.019
Cholesterol	mg	401	184
Amino Acids			
Other			
Caffeine	mg	0	0