

Basic Report 01130, Egg, whole, cooked, omelet

Report Date: July 25, 2017 18:50 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 15g	1 large 61g
Proximates				
Water	g	76.13	11.42	46.44
Energy	kcal	154	23	94
Protein	g	10.57	1.59	6.45
Total lipid (fat)	g	11.66	1.75	7.11
Carbohydrate, by difference	g	0.64	0.10	0.39
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.31	0.05	0.19
Minerals				
Calcium, Ca	mg	48	7	29
Iron, Fe	mg	1.48	0.22	0.90
Magnesium, Mg	mg	11	2	7
Phosphorus, P	mg	167	25	102
Potassium, K	mg	117	18	71
Sodium, Na	mg	155	23	95
Zinc, Zn	mg	1.09	0.16	0.66
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.034	0.005	0.021
Riboflavin	mg	0.386	0.058	0.235
Niacin	mg	0.064	0.010	0.039
Vitamin B-6	mg	0.143	0.021	0.087
Folate, DFE	µg	39	6	24
Vitamin B-12	µg	0.76	0.11	0.46
Vitamin A, RAE	µg	172	26	105
Vitamin A, IU	IU	617	93	376
Vitamin E (alpha-tocopherol)	mg	1.29	0.19	0.79

Nutrient	Unit	1 Value Per100 g	1 tbsp 15g	1 large 61g
Vitamin D (D2 + D3)	µg	1.7	0.3	1.0
Vitamin D	IU	69	10	42
Vitamin K (phylloquinone)	µg	4.5	0.7	2.7
Lipids				
Fatty acids, total saturated	g	3.319	0.498	2.025
Fatty acids, total monounsaturated	g	4.843	0.726	2.954
Fatty acids, total polyunsaturated	g	2.712	0.407	1.654
Fatty acids, total trans	g	0.709	0.106	0.432
Cholesterol	mg	313	47	191
Amino Acids				
Other				
Caffeine	mg	0	0	0