

Basic Report 01133, Egg, whole, dried

Report Date: December 12, 2017 15:00 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sifted 85g	1 tbsp 5g
Proximates				
Water	g	2.78	2.36	0.14
Energy	kcal	592	503	30
Protein	g	48.05	40.84	2.40
Total lipid (fat)	g	43.90	37.31	2.19
Carbohydrate, by difference	g	1.13	0.96	0.06
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.56	0.48	0.03
Minerals				
Calcium, Ca	mg	244	207	12
Iron, Fe	mg	7.20	6.12	0.36
Magnesium, Mg	mg	34	29	2
Phosphorus, P	mg	629	535	31
Potassium, K	mg	540	459	27
Sodium, Na	mg	476	405	24
Zinc, Zn	mg	3.15	2.68	0.16
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.183	0.156	0.009
Riboflavin	mg	1.977	1.680	0.099
Niacin	mg	0.340	0.289	0.017
Vitamin B-6	mg	0.499	0.424	0.025
Folate, DFE	µg	119	101	6
Vitamin B-12	µg	2.96	2.52	0.15
Vitamin A, RAE	µg	300	255	15
Vitamin A, IU	IU	999	849	50
Vitamin E (alpha-tocopherol)	mg	3.88	3.30	0.19

Nutrient	Unit	1 Value Per100 g	1 cup, sifted 85g	1 tbsp 5g
Vitamin D (D2 + D3)	µg	8.3	7.1	0.4
Vitamin D	IU	331	281	17
Vitamin K (phylloquinone)	µg	1.2	1.0	0.1
Lipids				
Fatty acids, total saturated	g	15.069	12.809	0.753
Fatty acids, total monounsaturated	g	16.726	14.217	0.836
Fatty acids, total polyunsaturated	g	8.314	7.067	0.416
Fatty acids, total trans	g	0.265	0.225	0.013
Cholesterol	mg	1630	1386	82
Amino Acids				
Other				
Caffeine	mg	0	0	0