

## Full Report (All Nutrients) 01135, Egg, white, dried, flakes, stabilized, glucose reduced

Report Date: February 20, 2018 04:28 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.68 Fat Factor: 9.02 Protein Factor:4.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz. 28.35g	0.5 lb 227g
<b>Proximates</b>						
Water	g	14.62	5	0.545	4.14	33.19
Energy	kcal	351	--	--	100	797
Energy	kJ	1469	--	--	416	3335
Protein	g	76.92	--	--	21.81	174.61
Total lipid (fat)	g	0.04	--	--	0.01	0.09
Ash	g	4.25	--	--	1.20	9.65
Carbohydrate, by difference	g	4.17	--	--	1.18	9.47
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
<b>Minerals</b>						
Calcium, Ca	mg	83	--	--	24	188
Iron, Fe	mg	0.23	--	--	0.07	0.52
Magnesium, Mg	mg	67	--	--	19	152
Phosphorus, P	mg	83	--	--	24	188
Potassium, K	mg	1042	--	--	295	2365
Sodium, Na	mg	1156	--	--	328	2624
Zinc, Zn	mg	0.15	--	--	0.04	0.34
Copper, Cu	mg	0.230	--	--	0.065	0.522
Manganese, Mn	mg	0.070	--	--	0.020	0.159
Selenium, Se	µg	116.8	--	--	33.1	265.1
<b>Vitamins</b>						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.5 lb 227g
Thiamin	mg	0.035	--	--	0.010	0.079
Riboflavin	mg	2.162	--	--	0.613	4.908
Niacin	mg	0.675	--	--	0.191	1.532
Pantothenic acid	mg	1.829	--	--	0.519	4.152
Vitamin B-6	mg	0.023	--	--	0.007	0.052
Folate, total	µg	89	--	--	25	202
Folic acid	µg	0	--	--	0	0
Folate, food	µg	89	--	--	25	202
Folate, DFE	µg	89	--	--	25	202
Choline, total	mg	8.4	--	--	2.4	19.1
Vitamin B-12	µg	0.49	--	--	0.14	1.11
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	0	--	--	0	0
Retinol	µg	0	--	--	0	0
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	0	--	--	0	0
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00	0.00
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0	0.0
Vitamin D	IU	0	--	--	0	0
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
<b>Lipids</b>						
Fatty acids, total saturated	g	0.000	--	--	0.000	0.000
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.000	--	--	0.000	0.000
14:0	g	0.000	--	--	0.000	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 oz 28.35g	0.5 lb 227g
16:0	g	0.000	--	--	0.000	0.000
18:0	g	0.000	--	--	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000	0.000
16:1 undifferentiated	g	0.000	--	--	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000	0.000
20:1	g	0.000	--	--	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000	0.000
18:2 undifferentiated	g	0.000	--	--	0.000	0.000
18:3 undifferentiated	g	0.000	--	--	0.000	0.000
18:4	g	0.000	--	--	0.000	0.000
20:4 undifferentiated	g	0.000	--	--	0.000	0.000
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000
Cholesterol	mg	0	--	--	0	0
<b>Amino Acids</b>						
Tryptophan	g	1.181	--	--	0.335	2.681
Threonine	g	3.421	--	--	0.970	7.766
Isoleucine	g	4.689	--	--	1.329	10.644
Leucine	g	6.695	--	--	1.898	15.198
Lysine	g	4.738	--	--	1.343	10.755
Methionine	g	2.991	--	--	0.848	6.790
Cystine	g	1.908	--	--	0.541	4.331
Phenylalanine	g	4.837	--	--	1.371	10.980
Tyrosine	g	3.089	--	--	0.876	7.012
Valine	g	5.760	--	--	1.633	13.075
Arginine	g	4.492	--	--	1.273	10.197
Histidine	g	1.748	--	--	0.496	3.968
Alanine	g	4.960	--	--	1.406	11.259
Aspartic acid	g	6.806	--	--	1.930	15.450
Glutamic acid	g	10.732	--	--	3.043	24.362
Glycine	g	2.880	--	--	0.816	6.538

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>Data points</b>	<b>Std. Error</b>	<b>1 oz 28.35g</b>	<b>0.5 lb 227g</b>
Proline	g	2.892	--	--	0.820	6.565
Serine	g	5.674	--	--	1.609	12.880
<b>Other</b>						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0