

## Basic Report 01136, Egg, white, dried, powder, stabilized, glucose reduced

Report Date: September 23, 2017 21:19 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sifted 107g	1 tbsp 7g
<b>Proximates</b>				
Water	g	8.54	9.14	0.60
Energy	kcal	376	402	26
Protein	g	82.40	88.17	5.77
Total lipid (fat)	g	0.04	0.04	0.00
Carbohydrate, by difference	g	4.47	4.78	0.31
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	89	95	6
Iron, Fe	mg	0.24	0.26	0.02
Magnesium, Mg	mg	72	77	5
Phosphorus, P	mg	89	95	6
Potassium, K	mg	1116	1194	78
Sodium, Na	mg	1238	1325	87
Zinc, Zn	mg	0.16	0.17	0.01
<b>Vitamins</b>				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.037	0.040	0.003
Riboflavin	mg	2.316	2.478	0.162
Niacin	mg	0.723	0.774	0.051
Vitamin B-6	mg	0.024	0.026	0.002
Folate, DFE	µg	96	103	7
Vitamin B-12	µg	0.53	0.57	0.04
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

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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
Fatty acids, total monounsaturated	g	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0