

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

Report Date: February 22, 2018 17:44 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sifted 107g	1 tbsp 7g
Proximates				
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
Minerals				
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
Vitamins				
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
Lipids				
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
Amino Acids				
Other				
Caffeine	mg	0	0	0