

Full Report (All Nutrients) 01136, Egg, white, dried, powder, stabilized, glucose reduced

Report Date: September 15, 2019 04:28 EDT

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 cup, sifted 107g	1 tbsp 7g
Proximates						
Water	g	8.54	5	0.530	9.14	0.60
Energy	kcal	376	--	--	402	26
Energy	kJ	1573	--	--	1683	110
Protein	g	82.40	--	--	88.17	5.77
Total lipid (fat)	g	0.04	--	--	0.04	0.00
Ash	g	4.55	--	--	4.87	0.32
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
Copper, Cu	mg	0.170	--	--	0.182	0.012
Manganese, Mn	mg	0.050	--	--	0.054	0.004
Selenium, Se	µg	125.1	--	--	133.9	8.8
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sifted 107g	1 tbsp 7g
Thiamin	mg	0.037	--	--	0.040	0.003
Riboflavin	mg	2.316	--	--	2.478	0.162
Niacin	mg	0.723	--	--	0.774	0.051
Pantothenic acid	mg	1.958	--	--	2.095	0.137
Vitamin B-6	mg	0.024	--	--	0.026	0.002
Folate, total	µg	96	--	--	103	7
Folic acid	µg	0	--	--	0	0
Folate, food	µg	96	--	--	103	7
Folate, DFE	µg	96	--	--	103	7
Choline, total	mg	8.4	--	--	9.0	0.6
Vitamin B-12	µg	0.53	--	--	0.57	0.04
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
Lipids						
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 cup, sifted 107g	1 tbsp 7g
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
Amino Acids						
Tryptophan	g	1.266	--	--	1.355	0.089
Threonine	g	3.665	--	--	3.922	0.257
Isoleucine	g	5.023	--	--	5.375	0.352
Leucine	g	7.172	--	--	7.674	0.502
Lysine	g	5.076	--	--	5.431	0.355
Methionine	g	3.204	--	--	3.428	0.224
Cystine	g	2.044	--	--	2.187	0.143
Phenylalanine	g	5.181	--	--	5.544	0.363
Tyrosine	g	3.309	--	--	3.541	0.232
Valine	g	6.170	--	--	6.602	0.432
Arginine	g	4.812	--	--	5.149	0.337
Histidine	g	1.872	--	--	2.003	0.131
Alanine	g	5.313	--	--	5.685	0.372
Aspartic acid	g	7.291	--	--	7.801	0.510
Glutamic acid	g	11.496	--	--	12.301	0.805
Glycine	g	3.085	--	--	3.301	0.216

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sifted 107g	1 tbsp 7g
Proline	g	3.098	--	--	3.315	0.217
Serine	g	6.078	--	--	6.503	0.425
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0