

## Basic Report 01139, Egg, goose, whole, fresh, raw

Report Date: June 25, 2017 14:56 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 egg 144g
<b>Proximates</b>			
Water	g	70.43	101.42
Energy	kcal	185	266
Protein	g	13.87	19.97
Total lipid (fat)	g	13.27	19.11
Carbohydrate, by difference	g	1.35	1.94
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.94	1.35
<b>Minerals</b>			
Calcium, Ca	mg	60	86
Iron, Fe	mg	3.64	5.24
Magnesium, Mg	mg	16	23
Phosphorus, P	mg	208	300
Potassium, K	mg	210	302
Sodium, Na	mg	138	199
Zinc, Zn	mg	1.33	1.92
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.147	0.212
Riboflavin	mg	0.382	0.550
Niacin	mg	0.189	0.272
Vitamin B-6	mg	0.236	0.340
Folate, DFE	µg	76	109
Vitamin B-12	µg	5.10	7.34
Vitamin A, RAE	µg	187	269
Vitamin A, IU	IU	650	936
Vitamin E (alpha-tocopherol)	mg	1.29	1.86

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 egg 144g</b>
Vitamin D (D2 + D3)	µg	1.7	2.4
Vitamin D	IU	66	95
Vitamin K (phylloquinone)	µg	0.4	0.6
<b>Lipids</b>			
Fatty acids, total saturated	g	3.595	5.177
Fatty acids, total monounsaturated	g	5.747	8.276
Fatty acids, total polyunsaturated	g	1.672	2.408
Cholesterol	mg	852	1227
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0