

## Basic Report 01140, Egg, quail, whole, fresh, raw

Report Date: February 23, 2018 21:05 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 egg 9g
<b>Proximates</b>			
Water	g	74.35	6.69
Energy	kcal	158	14
Protein	g	13.05	1.17
Total lipid (fat)	g	11.09	1.00
Carbohydrate, by difference	g	0.41	0.04
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.40	0.04
<b>Minerals</b>			
Calcium, Ca	mg	64	6
Iron, Fe	mg	3.65	0.33
Magnesium, Mg	mg	13	1
Phosphorus, P	mg	226	20
Potassium, K	mg	132	12
Sodium, Na	mg	141	13
Zinc, Zn	mg	1.47	0.13
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.130	0.012
Riboflavin	mg	0.790	0.071
Niacin	mg	0.150	0.013
Vitamin B-6	mg	0.150	0.013
Folate, DFE	µg	66	6
Vitamin B-12	µg	1.58	0.14
Vitamin A, RAE	µg	156	14
Vitamin A, IU	IU	543	49
Vitamin E (alpha-tocopherol)	mg	1.08	0.10

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 egg 9g</b>
Vitamin D (D2 + D3)	µg	1.4	0.1
Vitamin D	IU	55	5
Vitamin K (phylloquinone)	µg	0.3	0.0
<b>Lipids</b>			
Fatty acids, total saturated	g	3.557	0.320
Fatty acids, total monounsaturated	g	4.324	0.389
Fatty acids, total polyunsaturated	g	1.324	0.119
Cholesterol	mg	844	76
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0