

Basic Report 01144, Egg substitute, powder

Report Date: September 20, 2017 16:09 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.35 oz 9.9g	0.7 oz 20g
Proximates				
Water	g	3.86	0.38	0.77
Energy	kcal	444	44	89
Protein	g	55.50	5.49	11.10
Total lipid (fat)	g	13.00	1.29	2.60
Carbohydrate, by difference	g	21.80	2.16	4.36
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	21.80	2.16	4.36
Minerals				
Calcium, Ca	mg	326	32	65
Iron, Fe	mg	3.16	0.31	0.63
Magnesium, Mg	mg	65	6	13
Phosphorus, P	mg	478	47	96
Potassium, K	mg	744	74	149
Sodium, Na	mg	800	79	160
Zinc, Zn	mg	1.82	0.18	0.36
Vitamins				
Vitamin C, total ascorbic acid	mg	0.8	0.1	0.2
Thiamin	mg	0.226	0.022	0.045
Riboflavin	mg	1.760	0.174	0.352
Niacin	mg	0.577	0.057	0.115
Vitamin B-6	mg	0.143	0.014	0.029
Folate, DFE	µg	125	12	25
Vitamin B-12	µg	3.52	0.35	0.70
Vitamin A, RAE	µg	369	37	74
Vitamin A, IU	IU	1230	122	246
Vitamin E (alpha-tocopherol)	mg	1.26	0.12	0.25

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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	0.4	0.0	0.1
Lipids				
Fatty acids, total saturated	g	3.766	0.373	0.753
Fatty acids, total monounsaturated	g	5.341	0.529	1.068
Fatty acids, total polyunsaturated	g	1.683	0.167	0.337
Cholesterol	mg	572	57	114
Amino Acids				
Other				
Caffeine	mg	0	0	0