

## Basic Report 01144, Egg substitute, powder

Report Date: July 22, 2017 02:44 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	0.35 oz 9.9g	0.7 oz 20g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0