

Basic Report 01160, Egg, yolk, raw, frozen, salted, pasteurized

Report Date: November 21, 2017 07:04 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	0.5 lb 227g
Proximates				
Water	g	50.87	14.42	115.47
Energy	kcal	275	78	624
Protein	g	14.07	3.99	31.94
Total lipid (fat)	g	22.93	6.50	52.05
Carbohydrate, by difference	g	1.77	0.50	4.02
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.07	0.02	0.16
Minerals				
Calcium, Ca	mg	113	32	257
Iron, Fe	mg	3.40	0.96	7.72
Magnesium, Mg	mg	7	2	16
Phosphorus, P	mg	414	117	940
Potassium, K	mg	111	31	252
Sodium, Na	mg	3487	989	7915
Zinc, Zn	mg	2.87	0.81	6.51
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.140	0.040	0.318
Riboflavin	mg	0.427	0.121	0.969
Niacin	mg	0.027	0.008	0.061
Vitamin B-6	mg	0.402	0.114	0.913
Folate, DFE	µg	112	32	254
Vitamin B-12	µg	1.61	0.46	3.65
Vitamin A, RAE	µg	313	89	711
Vitamin A, IU	IU	1043	296	2368
Vitamin E (alpha-tocopherol)	mg	2.28	0.65	5.18

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	0.5 lb 227g
Vitamin D (D2 + D3)	µg	3.1	0.9	7.0
Vitamin D	IU	126	36	286
Vitamin K (phylloquinone)	µg	0.7	0.2	1.6
Lipids				
Fatty acids, total saturated	g	7.159	2.030	16.251
Fatty acids, total monounsaturated	g	9.070	2.571	20.589
Fatty acids, total polyunsaturated	g	3.733	1.058	8.474
Fatty acids, total trans	g	0.116	0.033	0.263
Cholesterol	mg	912	259	2070
Amino Acids				
Other				
Caffeine	mg	0	0	0