

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

Report Date: July 20, 2017 12:42 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28.35g	0.5 lb 227g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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

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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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0