

Basic Report 01172, Egg, white, raw, frozen, pasteurized

Report Date: November 21, 2017 06:55 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28g
Proximates			
Water	g	88.17	24.69
Energy	kcal	48	13
Protein	g	10.20	2.86
Total lipid (fat)	g	0.00	0.00
Carbohydrate, by difference	g	1.04	0.29
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.25	0.07
Minerals			
Calcium, Ca	mg	8	2
Iron, Fe	mg	0.04	0.01
Magnesium, Mg	mg	11	3
Phosphorus, P	mg	13	4
Potassium, K	mg	169	47
Sodium, Na	mg	169	47
Zinc, Zn	mg	0.07	0.02
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.023	0.006
Riboflavin	mg	0.423	0.118
Niacin	mg	0.093	0.026
Vitamin B-6	mg	0.005	0.001
Folate, DFE	µg	10	3
Vitamin B-12	µg	0.03	0.01
Vitamin A, RAE	µg	0	0
Vitamin A, IU	IU	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00

Nutrient	Unit	1 Value Per100 g	1 oz 28g
Vitamin D (D2 + D3)	µg	0.0	0.0
Vitamin D	IU	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0
Lipids			
Fatty acids, total saturated	g	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	0.000
Fatty acids, total trans	g	0.000	0.000
Cholesterol	mg	0	0
Amino Acids			
Other			
Caffeine	mg	0	0