

Basic Report 01210, Egg Mix, USDA Commodity

Report Date: November 20, 2017 12:21 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 8.6g	1 cup 105g
Proximates				
Water	g	2.78	0.24	2.92
Energy	kcal	555	48	583
Protein	g	35.60	3.06	37.38
Total lipid (fat)	g	34.50	2.97	36.23
Carbohydrate, by difference	g	23.97	2.06	25.17
Sugars, total	g	2.46	0.21	2.58
Minerals				
Calcium, Ca	mg	171	15	180
Iron, Fe	mg	3.23	0.28	3.39
Magnesium, Mg	mg	11	1	12
Phosphorus, P	mg	451	39	474
Potassium, K	mg	373	32	392
Sodium, Na	mg	576	50	605
Zinc, Zn	mg	2.76	0.24	2.90
Vitamins				
Thiamin	mg	0.190	0.016	0.199
Riboflavin	mg	1.277	0.110	1.341
Niacin	mg	0.267	0.023	0.280
Vitamin B-6	mg	0.207	0.018	0.217
Folate, DFE	µg	138	12	145
Vitamin B-12	µg	2.90	0.25	3.04
Vitamin A, RAE	µg	117	10	123
Vitamin A, IU	IU	398	34	418
Vitamin E (alpha-tocopherol)	mg	2.04	0.18	2.14
Vitamin D (D2 + D3)	µg	7.4	0.6	7.8
Vitamin D	IU	296	25	311

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Vitamin K (phylloquinone)	µg	0.7	0.1	0.7

Lipids

Fatty acids, total saturated	g	10.305	0.886	10.820
Fatty acids, total monounsaturated	g	13.745	1.182	14.432
Fatty acids, total polyunsaturated	g	7.555	0.650	7.933
Cholesterol	mg	975	84	1024

Amino Acids

Other