

## Basic Report 01210, Egg Mix, USDA Commodity

Report Date: September 21, 2017 15:27 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 tbsp 8.6g	1 cup 105g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 tbsp 8.6g</b>	<b>1 cup 105g</b>
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**