

Basic Report 01210, Egg Mix, USDA Commodity

Report Date: July 24, 2017 20:27 EDT

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