

Basic Report 21018, Fast foods, egg, scrambled

Report Date: September 24, 2019 05:10 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | 1 Value Per100 g | 2.0 eggs 96g |
|--------------------------------|------|------------------------|-----------------|
| Proximates | | | |
| Water | g | 66.70 | 64.03 |
| Energy | kcal | 212 | 204 |
| Protein | g | 13.84 | 13.29 |
| Total lipid (fat) | g | 16.18 | 15.53 |
| Carbohydrate, by difference | g | 2.08 | 2.00 |
| Fiber, total dietary | g | 0.0 | 0.0 |
| Sugars, total | g | 1.64 | 1.57 |
| Minerals | | | |
| Calcium, Ca | mg | 57 | 55 |
| Iron, Fe | mg | 2.59 | 2.49 |
| Magnesium, Mg | mg | 14 | 13 |
| Phosphorus, P | mg | 242 | 232 |
| Potassium, K | mg | 147 | 141 |
| Sodium, Na | mg | 187 | 180 |
| Zinc, Zn | mg | 1.66 | 1.59 |
| Vitamins | | | |
| Vitamin C, total ascorbic acid | mg | 3.3 | 3.2 |
| Thiamin | mg | 0.080 | 0.077 |
| Riboflavin | mg | 0.520 | 0.499 |
| Niacin | mg | 0.210 | 0.202 |
| Vitamin B-6 | mg | 0.190 | 0.182 |
| Folate, DFE | µg | 29 | 28 |
| Vitamin B-12 | µg | 1.01 | 0.97 |
| Vitamin A, RAE | µg | 176 | 169 |
| Vitamin A, IU | IU | 679 | 652 |
| Vitamin E (alpha-tocopherol) | mg | 0.96 | 0.92 |

| Nutrient | Unit | 1 Value Per100 g | 2.0 eggs 96g |
|------------------------------------|-------------|---------------------------------|-------------------------|
| Vitamin D (D2 + D3) | µg | 1.1 | 1.1 |
| Vitamin D | IU | 46 | 44 |
| Vitamin K (phylloquinone) | µg | 9.0 | 8.6 |
| Lipids | | | |
| Fatty acids, total saturated | g | 6.153 | 5.907 |
| Fatty acids, total monounsaturated | g | 5.889 | 5.653 |
| Fatty acids, total polyunsaturated | g | 1.969 | 1.890 |
| Cholesterol | mg | 426 | 409 |
| Amino Acids | | | |
| Other | | | |
| Caffeine | mg | 0 | 0 |