

## Basic Report 01255, Egg, whole, raw, frozen, salted, pasteurized

Report Date: December 12, 2017 06:56 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 oz 28g
<b>Proximates</b>			
Water	g	67.83	18.99
Energy	kcal	138	39
Protein	g	10.97	3.07
Total lipid (fat)	g	10.07	2.82
Carbohydrate, by difference	g	0.83	0.23
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.07	0.02
<b>Minerals</b>			
Calcium, Ca	mg	55	15
Iron, Fe	mg	1.71	0.48
Magnesium, Mg	mg	9	3
Phosphorus, P	mg	186	52
Potassium, K	mg	128	36
Sodium, Na	mg	3663	1026
Zinc, Zn	mg	1.30	0.36
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.060	0.017
Riboflavin	mg	0.443	0.124
Niacin	mg	0.077	0.022
Vitamin B-6	mg	0.226	0.063
Folate, DFE	µg	69	19
Vitamin B-12	µg	1.21	0.34
Vitamin A, RAE	µg	149	42
Vitamin A, IU	IU	497	139
Vitamin E (alpha-tocopherol)	mg	0.80	0.22

<b>Nutrient</b>	<b>Unit</b>	<b>1 Value Per100 g</b>	<b>1 oz 28g</b>
Vitamin D (D2 + D3)	µg	1.5	0.4
Vitamin D	IU	61	17
Vitamin K (phylloquinone)	µg	0.3	0.1
<b>Lipids</b>			
Fatty acids, total saturated	g	3.178	0.890
Fatty acids, total monounsaturated	g	4.000	1.120
Fatty acids, total polyunsaturated	g	1.627	0.456
Fatty acids, total trans	g	0.090	0.025
Cholesterol	mg	387	108
<b>Amino Acids</b>			
<b>Other</b>			
Caffeine	mg	0	0