

Basic Report 01258, Egg, white, dried, stabilized, glucose reduced

Report Date: June 25, 2017 03:03 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sifted 107g	1 tbsp 7g
Proximates				
Water	g	5.48	5.86	0.38
Energy	kcal	357	382	25
Protein	g	84.08	89.97	5.89
Total lipid (fat)	g	0.32	0.34	0.02
Carbohydrate, by difference	g	4.51	4.83	0.32
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.00	0.00	0.00
Minerals				
Calcium, Ca	mg	101	108	7
Iron, Fe	mg	0.18	0.19	0.01
Magnesium, Mg	mg	82	88	6
Phosphorus, P	mg	104	111	7
Potassium, K	mg	884	946	62
Sodium, Na	mg	1299	1390	91
Zinc, Zn	mg	0.13	0.14	0.01
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.000	0.000	0.000
Riboflavin	mg	3.710	3.970	0.260
Niacin	mg	0.773	0.827	0.054
Vitamin B-6	mg	0.032	0.034	0.002
Folate, DFE	µg	0	0	0
Vitamin B-12	µg	0.20	0.21	0.01
Vitamin A, RAE	µg	0	0	0
Vitamin A, IU	IU	0	0	0
Vitamin E (alpha-tocopherol)	mg	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	1 cup, sifted 107g	1 tbsp 7g
Vitamin D (D2 + D3)	µg	0.0	0.0	0.0
Vitamin D	IU	0	0	0
Vitamin K (phylloquinone)	µg	0.0	0.0	0.0
Lipids				
Fatty acids, total saturated	g	0.118	0.126	0.008
Fatty acids, total monounsaturated	g	0.125	0.134	0.009
Fatty acids, total polyunsaturated	g	0.045	0.048	0.003
Fatty acids, total trans	g	0.000	0.000	0.000
Cholesterol	mg	0	0	0
Amino Acids				
Other				
Caffeine	mg	0	0	0