

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

Report Date: February 19, 2018 22:19 EST

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sifted 107g	1 tbsp 7g
<b>Proximates</b>				
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
<b>Minerals</b>				
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
<b>Vitamins</b>				
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

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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
<b>Lipids</b>				
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
<b>Amino Acids</b>				
<b>Other</b>				
Caffeine	mg	0	0	0