

Full Report (All Nutrients) 01133, Egg, whole, dried

Report Date: July 16, 2019 15:01 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sifted 85g	1 tbsp 5g
Proximates						
Water 1	g	2.78	15	0.270	2.36	0.14
Energy	kcal	592	--	--	503	30
Energy	kJ	2476	--	--	2105	124
Protein 1	g	48.05	15	0.440	40.84	2.40
Total lipid (fat) 1	g	43.90	15	0.530	37.31	2.19
Ash 1	g	4.13	15	0.200	3.51	0.21
Carbohydrate, by difference	g	1.13	--	--	0.96	0.06
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total 1	g	0.56	15	0.030	0.48	0.03
Sucrose 1	g	0.00	15	0.000	0.00	0.00
Glucose (dextrose) 1	g	0.56	15	0.030	0.48	0.03
Fructose 1	g	0.00	15	0.000	0.00	0.00
Lactose 1	g	0.00	15	0.000	0.00	0.00
Maltose 1	g	0.00	15	0.000	0.00	0.00
Galactose 1	g	0.00	15	0.000	0.00	0.00
Minerals						
Calcium, Ca 1	mg	244	15	8.000	207	12
Iron, Fe 1	mg	7.20	15	0.140	6.12	0.36
Magnesium, Mg	mg	34	--	--	29	2
Phosphorus, P 2	mg	629	3	--	535	31
Potassium, K 2	mg	540	3	--	459	27
Sodium, Na 1	mg	476	15	11.000	405	24

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sifted 85g	1 tbsp 5g
Zinc, Zn 2	mg	3.15	3	--	2.68	0.16
Copper, Cu 2	mg	0.203	3	--	0.173	0.010
Manganese, Mn 2	mg	0.058	3	--	0.049	0.003
Selenium, Se 2	µg	164.7	3	--	140.0	8.2
Vitamins						
Vitamin C, total ascorbic acid 1	mg	0.0	15	0.000	0.0	0.0
Thiamin 2	mg	0.183	3	--	0.156	0.009
Riboflavin 2	mg	1.977	3	--	1.680	0.099
Niacin 2	mg	0.340	3	--	0.289	0.017
Pantothenic acid 2	mg	5.550	3	--	4.718	0.278
Vitamin B-6 1	mg	0.499	15	0.018	0.424	0.025
Folate, total 2	µg	119	3	--	101	6
Folic acid	µg	0	--	--	0	0
Folate, food	µg	119	3	--	101	6
Folate, DFE	µg	119	--	--	101	6
Choline, total 2	mg	1266.7	3	--	1076.7	63.3
Vitamin B-12 1	µg	2.96	15	0.290	2.52	0.15
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	301	--	--	256	15
Retinol 1	µg	300	15	21.000	255	15
Carotene, beta 2	µg	0	3	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	36	--	--	31	2
Vitamin A, IU	IU	1029	--	--	875	51
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin 2	µg	835	3	--	710	42
Vitamin E (alpha-tocopherol)	mg	3.88	--	--	3.30	0.19
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	8.3	24	--	7.1	0.4
Vitamin D2 (ergocalciferol) 1 3	µg	0.0	24	0.000	0.0	0.0
Vitamin D3 (cholecalciferol) 1 3	µg	8.3	24	0.800	7.1	0.4
Vitamin D	IU	331	--	--	281	17
Vitamin K (phylloquinone)	µg	1.2	--	--	1.0	0.1

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sifted 85g	1 tbsp 5g
Lipids						
Fatty acids, total saturated	g	15.069	--	--	12.809	0.753
4:0 1	g	0.000	15	0.000	0.000	0.000
6:0 1	g	0.000	15	0.000	0.000	0.000
8:0 1	g	0.000	15	0.000	0.000	0.000
10:0 1	g	0.000	15	0.000	0.000	0.000
12:0 1	g	0.000	15	0.000	0.000	0.000
14:0 1	g	0.144	15	0.003	0.122	0.007
15:0 1	g	0.025	15	0.001	0.021	0.001
16:0 1	g	10.811	15	0.167	9.189	0.541
17:0 1	g	0.092	15	0.003	0.078	0.005
18:0 1	g	3.974	15	0.058	3.378	0.199
20:0 1	g	0.000	15	0.000	0.000	0.000
22:0 1	g	0.023	15	0.001	0.020	0.001
24:0 1	g	0.000	15	0.000	0.000	0.000
Fatty acids, total monounsaturated	g	16.726	--	--	14.217	0.836
14:1 1	g	0.022	15	0.000	0.019	0.001
15:1 1	g	0.000	15	0.000	0.000	0.000
16:1 undifferentiated 1	g	0.877	15	0.047	0.745	0.044
17:1 1	g	0.000	15	0.000	0.000	0.000
18:1 undifferentiated 1	g	15.729	15	0.286	13.370	0.786
18:1 c 1	g	15.547	15	0.283	13.215	0.777
18:1 t 1	g	0.182	15	0.006	0.155	0.009
20:1 1	g	0.098	15	0.002	0.083	0.005
22:1 undifferentiated 1	g	0.000	15	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	8.314	--	--	7.067	0.416
18:2 undifferentiated 1	g	7.049	15	0.246	5.992	0.352
18:2 n-6 c,c 1	g	6.989	15	0.246	5.941	0.349
18:2 t,t 1	g	0.060	15	0.003	0.051	0.003
18:3 undifferentiated 1	g	0.247	15	0.011	0.210	0.012
18:3 n-3 c,c,c (ALA) 1	g	0.170	15	0.012	0.145	0.009
18:3 n-6 c,c,c 1	g	0.054	15	0.002	0.046	0.003

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sifted 85g	1 tbsp 5g
18:3i 1	g	0.023	15	0.001	0.020	0.001
18:4 1	g	0.000	15	0.000	0.000	0.000
20:2 n-6 c,c 1	g	0.085	15	0.004	0.072	0.004
20:3 undifferentiated 1	g	0.000	15	0.000	0.000	0.000
20:4 undifferentiated 1	g	0.711	15	0.017	0.604	0.036
20:5 n-3 (EPA) 1	g	0.000	15	0.000	0.000	0.000
22:5 n-3 (DPA) 1	g	0.024	15	0.001	0.020	0.001
22:6 n-3 (DHA) 1	g	0.199	15	0.007	0.169	0.010
Fatty acids, total trans	g	0.265	--	--	0.225	0.013
Fatty acids, total trans-monoenoic	g	0.182	--	--	0.155	0.009
Cholesterol 2	mg	1630	3	--	1386	82
Amino Acids						
Tryptophan 2	g	0.775	--	--	0.659	0.039
Threonine 2	g	2.129	--	--	1.810	0.106
Isoleucine 2	g	2.434	--	--	2.069	0.122
Leucine 2	g	4.150	--	--	3.528	0.207
Lysine 2	g	3.339	--	--	2.838	0.167
Methionine 2	g	1.495	--	--	1.271	0.075
Cystine 2	g	1.070	--	--	0.909	0.054
Phenylalanine 2	g	2.530	--	--	2.150	0.126
Tyrosine 2	g	1.981	--	--	1.684	0.099
Valine 2	g	2.991	--	--	2.542	0.150
Arginine 2	g	3.071	--	--	2.610	0.154
Histidine 2	g	1.202	--	--	1.022	0.060
Alanine 2	g	2.706	--	--	2.300	0.135
Aspartic acid 2	g	5.020	--	--	4.267	0.251
Glutamic acid 2	g	6.388	--	--	5.430	0.319
Glycine 2	g	1.623	--	--	1.380	0.081
Proline 2	g	1.832	--	--	1.557	0.092
Serine 2	g	3.773	--	--	3.207	0.189
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup, sifted 85g	1 tbsp 5g
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0

Sources of Data

¹American Egg Board American Egg Board - data on six egg products, 2014

²American Egg Board American Egg Board-Egg Nutrition Center Study, 2005

³American Egg Board American Egg Board - data on four egg products, 2015