

**Statistics Report 01133, Egg, whole, dried**
**Report Date: July 23, 2019 18:14 EDT**

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
<b>Proximates</b>													
Water <a href="#">1</a>	g	2.78	15	0.270	1.39	4.9	14.0	2.18	3.37	1	Analytical or derived from analytical	--	04/2015
Energy	kcal	592	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
Energy	kJ	2476	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
Protein <a href="#">1</a>	g	48.05	15	0.440	44.7	50.4	14.0	47.11	48.99	1	Analytical or derived from analytical	--	04/2015
Total lipid (fat) <a href="#">1</a>	g	43.90	15	0.530	41.09	47.78	14.0	42.75	45.05	1	Analytical or derived from analytical	--	04/2015
Ash <a href="#">1</a>	g	4.13	15	0.200	3.46	6.21	14.0	3.7	4.56	1	Analytical or derived from analytical	--	04/2015
Carbohydrate, by difference	g	1.13	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2015
Fiber, total dietary	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	05/1996
Sugars, total <a href="#">1</a>	g	0.56	15	0.030	0.3	0.8	14.0	0.48	0.63	1	Analytical or derived from analytical	--	04/2015
Sucrose <a href="#">1</a>	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015

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Glucose (dextrose) <a href="#">1</a>	g	0.56	15	0.030	0.3	0.8	14.0	0.48	0.63	1	Analytical or derived from analytical	--	04/2015
Fructose <a href="#">1</a>	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Lactose <a href="#">1</a>	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Maltose <a href="#">1</a>	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Galactose <a href="#">1</a>	g	0.00	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
<b>Minerals</b>													
Calcium, Ca <a href="#">1</a>	mg	244	15	8.000	186	295	14.0	225.0	263.0	1	Analytical or derived from analytical	--	04/2015
Iron, Fe <a href="#">1</a>	mg	7.20	15	0.140	6.24	8.02	14.0	6.88	7.51	1	Analytical or derived from analytical	--	04/2015
Magnesium, Mg	mg	34	--	--	0	0	--	--	--	--	Calculated or imputed	01171	08/2012
Phosphorus, P <a href="#">2</a>	mg	629	3	--	609	666	--	--	--	1	Analytical or derived from analytical	--	04/2012
Potassium, K <a href="#">2</a>	mg	540	3	--	522	571	--	--	--	1	Analytical or derived from analytical	--	04/2012

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Sodium, Na <a href="#">1</a>	mg	476	15	11.000	397	547	14.0	450.0	501.0	1	Analytical or derived from analytical	--	04/2015
Zinc, Zn <a href="#">2</a>	mg	3.15	3	--	2.63	3.5	--	--	--	1	Analytical or derived from analytical	--	04/2012
Copper, Cu <a href="#">2</a>	mg	0.203	3	--	0.16	0.26	--	--	--	1	Analytical or derived from analytical	--	04/2012
Manganese, Mn <a href="#">2</a>	mg	0.058	3	--	0.05	0.06	--	--	--	1	Analytical or derived from analytical	--	04/2012
Selenium, Se <a href="#">2</a>	µg	164.7	3	--	122	187	--	--	--	1	Analytical or derived from analytical	--	04/2012
<b>Vitamins</b>													
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	06/2015
Thiamin <a href="#">2</a>	mg	0.183	3	--	0.13	0.26	--	--	--	1	Analytical or derived from analytical	--	04/2012
Riboflavin <a href="#">2</a>	mg	1.977	3	--	1.89	2.15	--	--	--	1	Analytical or derived from analytical	--	04/2012
Niacin <a href="#">2</a>	mg	0.340	3	--	0.33	0.35	--	--	--	1	Analytical or derived from analytical	--	04/2012
Pantothenic acid <a href="#">2</a>	mg	5.550	3	--	5.37	5.83	--	--	--	1	Analytical or derived from analytical	--	04/2012

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Vitamin B-6 <a href="#">1</a>	mg	0.499	15	0.018	0.32	0.59	14.0	0.459	0.538	1	Analytical or derived from analytical	--	04/2015
Folate, total <a href="#">2</a>	µg	119	3	--	88	165	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folic acid	µg	0	--	--	0	0	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	119	3	--	88	165	--	--	--	1	Analytical or derived from analytical	--	04/2012
Folate, DFE	µg	119	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2012
Choline, total <a href="#">2</a>	mg	1266.7	3	--	1,230	1,320	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin B-12 <a href="#">1</a>	µg	2.96	15	0.290	1.38	4.86	14.0	2.33	3.58	1	Analytical or derived from analytical	--	04/2015
Vitamin B-12, added	µg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin A, RAE	µg	301	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2017
Retinol <a href="#">1</a>	µg	300	15	21.000	223	448	14.0	254.0	344.0	1	Analytical or derived from analytical	--	04/2015
Carotene, beta <a href="#">2</a>	µg	0	3	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2012
Carotene, alpha	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	01123	02/2009
Cryptoxanthin, beta	µg	36	--	--	0	0	--	--	--	--	Calculated or imputed	01123	03/2007

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Vitamin A, IU	IU	1029	--	--	0	0	--	--	--	--	Calculated or imputed	--	02/2017
Lycopene	µg	0	--	--	0	0	--	--	--	--	Calculated or imputed	01123	02/2009
Lutein + zeaxanthin <a href="#">2</a>	µg	835	3	--	763	923	--	--	--	1	Analytical or derived from analytical	--	04/2012
Vitamin E (alpha-tocopherol)	mg	3.88	--	--	0	0	--	--	--	--	Calculated or imputed	01123	06/2015
Vitamin E, added	mg	0.00	--	--	0	0	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	8.3	24	--	0	0	--	--	--	--	Analytical or derived from analytical	--	06/2015
Vitamin D2 (ergocalciferol) <a href="#">1</a> <a href="#">3</a>	µg	0.0	24	0.000	0	0	23.0	--	--	2	Analytical or derived from analytical	--	04/2015
Vitamin D3 (cholecalciferol) <a href="#">1</a> <a href="#">3</a>	µg	8.3	24	0.800	2.9	17.3	23.0	6.4	10.0	2	Analytical or derived from analytical	--	06/2015
Vitamin D	IU	331	--	--	0	0	--	--	--	--	Calculated or imputed	--	06/2015
Vitamin K (phylloquinone)	µg	1.2	--	--	0	0	--	--	--	--	Calculated or imputed	01123	03/2007
<b>Lipids</b>													
Fatty acids, total saturated	g	15.069	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2015
4:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
6:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996

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8:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
10:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
12:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	05/1996
14:0 <a href="#">1</a>	g	0.144	15	0.003	0.13	0.17	14.0	0.137	0.15	1	Analytical or derived from analytical	--	04/2015
15:0 <a href="#">1</a>	g	0.025	15	0.001	0.02	0.03	14.0	0.022	0.027	1	Analytical or derived from analytical	--	04/2015
16:0 <a href="#">1</a>	g	10.811	15	0.167	9.97	12.2	14.0	10.453	11.17	1	Analytical or derived from analytical	--	04/2015
17:0 <a href="#">1</a>	g	0.092	15	0.003	0.08	0.11	14.0	0.086	0.099	1	Analytical or derived from analytical	--	04/2015
18:0 <a href="#">1</a>	g	3.974	15	0.058	3.62	4.33	14.0	3.85	4.098	1	Analytical or derived from analytical	--	04/2015
20:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
22:0 <a href="#">1</a>	g	0.023	15	0.001	0.02	0.03	14.0	0.021	0.025	1	Analytical or derived from analytical	--	04/2015

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24:0 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
Fatty acids, total monounsaturated	g	16.726	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2015
14:1 <a href="#">1</a>	g	0.022	15	0.000	0.02	0.02	14.0	0.022	0.022	1	Analytical or derived from analytical	--	04/2015
15:1 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
16:1 undifferentiated <a href="#">1</a>	g	0.877	15	0.047	0.68	1.19	14.0	0.777	0.977	1	Analytical or derived from analytical	--	04/2015
17:1 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
18:1 undifferentiated <a href="#">1</a>	g	15.729	15	0.286	14.17	18.01	14.0	15.115	16.342	1	Analytical or derived from analytical	--	04/2015
18:1 c <a href="#">1</a>	g	15.547	15	0.283	14	17.8	14.0	14.939	16.155	1	Analytical or derived from analytical	--	04/2015
18:1 t <a href="#">1</a>	g	0.182	15	0.006	0.13	0.22	14.0	0.169	0.195	1	Analytical or derived from analytical	--	04/2015
20:1 <a href="#">1</a>	g	0.098	15	0.002	0.09	0.12	14.0	0.094	0.103	1	Analytical or derived from analytical	--	04/2015

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22:1 undifferentiated <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015
Fatty acids, total polyunsaturated	g	8.314	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2015
18:2 undifferentiated <a href="#">1</a>	g	7.049	15	0.246	5.83	9.59	14.0	6.522	7.575	1	Analytical or derived from analytical	--	04/2015
18:2 n-6 c,c <a href="#">1</a>	g	6.989	15	0.246	5.77	9.54	14.0	6.46	7.517	1	Analytical or derived from analytical	--	04/2015
18:2 t,t <a href="#">1</a>	g	0.060	15	0.003	0.04	0.08	14.0	0.055	0.066	1	Analytical or derived from analytical	--	04/2015
18:3 undifferentiated <a href="#">1</a>	g	0.247	15	0.011	0.17	0.3	14.0	0.224	0.27	1	Analytical or derived from analytical	--	04/2015
18:3 n-3 c,c,c (ALA) <a href="#">1</a>	g	0.170	15	0.012	0.1	0.23	14.0	0.145	0.195	1	Analytical or derived from analytical	--	04/2015
18:3 n-6 c,c,c <a href="#">1</a>	g	0.054	15	0.002	0.04	0.06	14.0	0.051	0.058	1	Analytical or derived from analytical	--	04/2015
18:3i <a href="#">1</a>	g	0.023	15	0.001	0.02	0.03	14.0	0.021	0.024	1	Analytical or derived from analytical	--	04/2015
18:4 <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2015



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20:2 n-6 c,c <a href="#">1</a>	g	0.085	15	0.004	0.07	0.13	14.0	0.076	0.093	1	Analytical or derived from analytical	--	04/2015
20:3 undifferentiated <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
20:4 undifferentiated <a href="#">1</a>	g	0.711	15	0.017	0.62	0.87	14.0	0.675	0.746	1	Analytical or derived from analytical	--	04/2015
20:5 n-3 (EPA) <a href="#">1</a>	g	0.000	15	0.000	0	0	14.0	--	--	1	Analytical or derived from analytical	--	04/2012
22:5 n-3 (DPA) <a href="#">1</a>	g	0.024	15	0.001	0.02	0.03	14.0	0.022	0.026	1	Analytical or derived from analytical	--	04/2015
22:6 n-3 (DHA) <a href="#">1</a>	g	0.199	15	0.007	0.16	0.24	14.0	0.184	0.214	1	Analytical or derived from analytical	--	04/2015
Fatty acids, total trans	g	0.265	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2015
Fatty acids, total trans-monoenoic	g	0.182	--	--	0	0	--	--	--	--	Calculated or imputed	--	04/2015
Cholesterol <a href="#">2</a>	mg	1630	3	--	1,570	1,720	--	--	--	1	Analytical or derived from analytical	--	07/2015
<b>Amino Acids</b>													
Tryptophan <a href="#">2</a>	g	0.775	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Threonine <a href="#">2</a>	g	2.129	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015

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Isoleucine <a href="#">2</a>	g	2.434	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Leucine <a href="#">2</a>	g	4.150	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Lysine <a href="#">2</a>	g	3.339	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Methionine <a href="#">2</a>	g	1.495	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Cystine <a href="#">2</a>	g	1.070	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Phenylalanine <a href="#">2</a>	g	2.530	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Tyrosine <a href="#">2</a>	g	1.981	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Valine <a href="#">2</a>	g	2.991	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Arginine <a href="#">2</a>	g	3.071	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Histidine <a href="#">2</a>	g	1.202	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015

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Alanine <a href="#">2</a>	g	2.706	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Aspartic acid <a href="#">2</a>	g	5.020	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Glutamic acid <a href="#">2</a>	g	6.388	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Glycine <a href="#">2</a>	g	1.623	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Proline <a href="#">2</a>	g	1.832	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
Serine <a href="#">2</a>	g	3.773	--	--	0	0	--	--	--	--	Analytical or derived from analytical	--	04/2015
<b>Other</b>													
Alcohol, ethyl	g	0.0	--	--	0	0	--	--	--	--	Assumed zero	--	05/1996
Caffeine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2001
Theobromine	mg	0	--	--	0	0	--	--	--	--	Assumed zero	--	02/2001

**Sources of Data**

<sup>1</sup>American Egg Board American Egg Board - data on six egg products, 2014

<sup>2</sup>American Egg Board American Egg Board-Egg Nutrition Center Study, 2005

<sup>3</sup>American Egg Board American Egg Board - data on four egg products, 2015