

Basic Report 01137, Egg, yolk, dried

Report Date: June 15, 2019 21:17 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g	1 cup, sifted 67g	1 tbsp 4g
Proximates				
Water	g	3.08	2.06	0.12
Energy	kcal	669	448	27
Protein	g	33.63	22.53	1.35
Total lipid (fat)	g	59.13	39.62	2.37
Carbohydrate, by difference	g	0.66	0.44	0.03
Fiber, total dietary	g	0.0	0.0	0.0
Sugars, total	g	0.23	0.15	0.01
Minerals				
Calcium, Ca	mg	289	194	12
Iron, Fe	mg	9.56	6.41	0.38
Magnesium, Mg	mg	26	17	1
Phosphorus, P	mg	1040	697	42
Potassium, K	mg	264	177	11
Sodium, Na	mg	149	100	6
Zinc, Zn	mg	7.73	5.18	0.31
Vitamins				
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0
Thiamin	mg	0.387	0.259	0.015
Riboflavin	mg	1.257	0.842	0.050
Niacin	mg	0.083	0.056	0.003
Vitamin B-6	mg	0.742	0.497	0.030
Folate, DFE	µg	209	140	8
Vitamin B-12	µg	5.11	3.42	0.20
Vitamin A, RAE	µg	483	324	19
Vitamin A, IU	IU	1715	1149	69
Vitamin E (alpha-tocopherol)	mg	4.81	3.22	0.19

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Vitamin D (D2 + D3)	µg	10.4	7.0	0.4
Vitamin D	IU	417	279	17
Vitamin K (phylloquinone)	µg	1.5	1.0	0.1
Lipids				
Fatty acids, total saturated	g	20.334	13.624	0.813
Fatty acids, total monounsaturated	g	23.377	15.663	0.935
Fatty acids, total polyunsaturated	g	10.320	6.914	0.413
Fatty acids, total trans	g	0.346	0.232	0.014
Cholesterol	mg	2307	1546	92
Amino Acids				
Other				
Caffeine	mg	0	0	0