

**Full Report (All Nutrients) 45174951, EGGS, UPC: 058200005806**
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**Report Date: August 23, 2019 10:02 EDT**

Information provided by food manufacturers is label data. Manufacturers are responsible for descriptions, nutrient data and ingredient information. USDA calculated values per 100 {0} from values per serving.

Food Group : Branded Food Products Database

Nutrient	Unit	Data points	Std. Error	1 EGG 50g	1 Value Per100 g
<b>Proximates</b>					
Energy	kcal	--	--	70	140
Protein	g	--	--	6.00	12.00
Total lipid (fat)	g	--	--	5.00	10.00
Carbohydrate, by difference	g	--	--	0.00	0.00
<b>Minerals</b>					
Calcium, Ca	mg	--	--	20	40
Iron, Fe	mg	--	--	0.72	1.44
Sodium, Na	mg	--	--	70	140
<b>Vitamins</b>					
Vitamin C, total ascorbic acid	mg	--	--	0.0	0.0
Vitamin A, IU	IU	--	--	300	600
<b>Lipids</b>					
Fatty acids, total saturated	g	--	--	1.500	3.000
Fatty acids, total trans	g	--	--	0.000	0.000
Cholesterol	mg	--	--	185	370
<b>Amino Acids</b>					
<b>Other</b>					