

Full Report (All Nutrients) 01057, Egnog

Report Date: February 18, 2018 16:54 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3.9 Fat Factor: 8.79 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.37

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 254g	1 fl oz 31.8g	1 quart 1,016g
Proximates							
Water	g	82.54	--	--	209.65	26.25	838.61
Energy	kcal	88	--	--	224	28	894
Energy	kJ	367	--	--	932	117	3729
Protein	g	4.55	--	--	11.56	1.45	46.23
Total lipid (fat)	g	4.19	--	--	10.64	1.33	42.57
Ash	g	0.67	--	--	1.70	0.21	6.81
Carbohydrate, by difference	g	8.05	--	--	20.45	2.56	81.79
Fiber, total dietary	g	0.0	--	--	0.0	0.0	0.0
Sugars, total	g	8.05	--	--	20.45	2.56	81.79
Sucrose	g	0.04	--	--	0.10	0.01	0.41
Glucose (dextrose)	g	0.07	--	--	0.18	0.02	0.71
Fructose	g	0.04	--	--	0.10	0.01	0.41
Lactose	g	7.84	--	--	19.91	2.49	79.65
Maltose	g	0.04	--	--	0.10	0.01	0.41
Galactose	g	0.04	--	--	0.10	0.01	0.41
Minerals							
Calcium, Ca	mg	130	7	4.803	330	41	1321
Iron, Fe	mg	0.20	3	--	0.51	0.06	2.03
Magnesium, Mg	mg	19	2	--	48	6	193
Phosphorus, P	mg	109	6	4.561	277	35	1107
Potassium, K	mg	165	6	9.997	419	52	1676
Sodium, Na	mg	54	6	2.014	137	17	549

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 254g	1 fl oz 31.8g	1 quart 1,016g
Zinc, Zn	mg	0.46	--	--	1.17	0.15	4.67
Copper, Cu	mg	0.013	--	--	0.033	0.004	0.132
Manganese, Mn	mg	0.005	--	--	0.013	0.002	0.051
Selenium, Se	µg	4.2	--	--	10.7	1.3	42.7
Fluoride, F	µg	0.2	--	--	0.5	0.1	2.0
Vitamins							
Vitamin C, total ascorbic acid	mg	1.5	3	0.289	3.8	0.5	15.2
Thiamin	mg	0.034	6	0.002	0.086	0.011	0.345
Riboflavin	mg	0.190	7	0.007	0.483	0.060	1.930
Niacin	mg	0.105	4	0.005	0.267	0.033	1.067
Pantothenic acid	mg	0.417	--	--	1.059	0.133	4.237
Vitamin B-6	mg	0.050	--	--	0.127	0.016	0.508
Folate, total	µg	1	3	0.153	3	0	10
Folic acid	µg	0	--	--	0	0	0
Folate, food	µg	1	3	0.153	3	0	10
Folate, DFE	µg	1	--	--	3	0	10
Choline, total	mg	52.2	--	--	132.6	16.6	530.4
Betaine	mg	0.6	--	--	1.5	0.2	6.1
Vitamin B-12	µg	0.45	--	--	1.14	0.14	4.57
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00	0.00
Vitamin A, RAE	µg	59	--	--	150	19	599
Retinol	µg	58	--	--	147	18	589
Carotene, beta	µg	7	--	--	18	2	71
Carotene, alpha	µg	0	--	--	0	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0	0
Vitamin A, IU	IU	206	--	--	523	66	2093
Lycopene	µg	0	--	--	0	0	0
Lutein + zeaxanthin	µg	54	--	--	137	17	549
Vitamin E (alpha-tocopherol)	mg	0.21	--	--	0.53	0.07	2.13
Vitamin E, added	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00	0.00
Tocopherol, gamma	mg	0.08	--	--	0.20	0.03	0.81
Tocopherol, delta	mg	0.00	--	--	0.00	0.00	0.00

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 254g	1 fl oz 31.8g	1 quart 1,016g
Vitamin D (D2 + D3)	µg	1.2	--	--	3.0	0.4	12.2
Vitamin D3 (cholecalciferol)	µg	1.2	--	--	3.0	0.4	12.2
Vitamin D	IU	49	--	--	124	16	498
Vitamin K (phylloquinone)	µg	0.3	--	--	0.8	0.1	3.0
Lipids							
Fatty acids, total saturated	g	2.591	--	--	6.581	0.824	26.325
4:0	g	0.129	--	--	0.328	0.041	1.311
6:0	g	0.076	--	--	0.193	0.024	0.772
8:0	g	0.044	--	--	0.112	0.014	0.447
10:0	g	0.100	--	--	0.254	0.032	1.016
12:0	g	0.112	--	--	0.284	0.036	1.138
14:0	g	0.401	--	--	1.019	0.128	4.074
16:0	g	1.131	--	--	2.873	0.360	11.491
18:0	g	0.511	--	--	1.298	0.162	5.192
Fatty acids, total monounsaturated	g	1.302	--	--	3.307	0.414	13.228
16:1 undifferentiated	g	0.101	--	--	0.257	0.032	1.026
18:1 undifferentiated	g	1.142	--	--	2.901	0.363	11.603
20:1	g	0.000	--	--	0.000	0.000	0.000
22:1 undifferentiated	g	0.000	--	--	0.000	0.000	0.000
Fatty acids, total polyunsaturated	g	0.198	--	--	0.503	0.063	2.012
18:2 undifferentiated	g	0.132	--	--	0.335	0.042	1.341
18:3 undifferentiated	g	0.059	--	--	0.150	0.019	0.599
18:4	g	0.000	--	--	0.000	0.000	0.000
20:4 undifferentiated	g	0.003	--	--	0.008	0.001	0.030
20:5 n-3 (EPA)	g	0.000	--	--	0.000	0.000	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000	0.000	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000	0.000	0.000
Cholesterol	mg	59	--	--	150	19	599
Amino Acids							
Tryptophan	g	0.085	--	--	0.216	0.027	0.864
Threonine	g	0.201	--	--	0.511	0.064	2.042
Isoleucine	g	0.237	--	--	0.602	0.075	2.408
Leucine	g	0.383	--	--	0.973	0.122	3.891

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Lysine	g	0.257	--	--	0.653	0.082	2.611
Methionine	g	0.120	--	--	0.305	0.038	1.219
Cystine	g	0.057	--	--	0.145	0.018	0.579
Phenylalanine	g	0.225	--	--	0.572	0.072	2.286
Tyrosine	g	0.199	--	--	0.505	0.063	2.022
Valine	g	0.289	--	--	0.734	0.092	2.936
Arginine	g	0.191	--	--	0.485	0.061	1.941
Histidine	g	0.108	--	--	0.274	0.034	1.097
Alanine	g	0.199	--	--	0.505	0.063	2.022
Aspartic acid	g	0.400	--	--	1.016	0.127	4.064
Glutamic acid	g	0.775	--	--	1.968	0.246	7.874
Glycine	g	0.128	--	--	0.325	0.041	1.300
Proline	g	0.349	--	--	0.886	0.111	3.546
Serine	g	0.241	--	--	0.612	0.077	2.449
Other							
Alcohol, ethyl	g	0.0	--	--	0.0	0.0	0.0
Caffeine	mg	0	--	--	0	0	0
Theobromine	mg	0	--	--	0	0	0