

Nutrition Facts

12 servings per container

Serving size 1 egg (63g)

Amount per serving

Calories 90

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2.5g

Cholesterol 235mg **78%**

Sodium 90mg **4%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 8g **16%**

Vitamin D 1mcg 6%

Calcium 35mg 2%

Iron 1mg 6%

Potassium 87mg 2%

Riboflavin 0.3mg 25%

Vitamin B₁₂ 0.6mcg 25%

Biotin 13mcg 45%

Pantothenic Acid 1mg 20%

Iodine 33mcg 20%

Zinc 1mg 10%

Selenium 19mcg 35%

Molybdenum 11mcg 25%

Choline 185mg 35%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

JUMBO