

Nutrition Facts

12 servings per container

Serving size 1 egg (44g)

Amount per serving

Calories 60

% Daily Value*

Total Fat 4g **5%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1.5g

Cholesterol 165mg **55%**

Sodium 60mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 1mcg 6%

Calcium 25mg 2%

Iron 1mg 6%

Potassium 61mg 2%

Riboflavin 0.2mg 15%

Vitamin B₁₂ 0.4mcg 15%

Biotin 9mcg 30%

Pantothenic Acid 1mg 20%

Iodine 23mcg 15%

Zinc 1mg 10%

Selenium 14mcg 25%

Molybdenum 7mcg 15%

Choline 129mg 25%

*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

MEDIUM