

Nutrition Facts

12 servings per container

Serving size 1 egg (38g)

Amount per serving

Calories 50

% Daily Value*

Total Fat 3.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1.5g

Cholesterol 140mg **47%**

Sodium 55mg **2%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 5g **10%**

Vitamin D 1mcg 6%

Calcium 21mg 2%

Iron 1mg 6%

Potassium 52mg 2%

Riboflavin 0.2mg 15%

Vitamin B₁₂ 0.3mcg 15%

Biotin 8mcg 25%

Pantothenic Acid 1mg 20%

Iodine 20mcg 15%

Zinc 0mg 0%

Selenium 12mcg 20%

Molybdenum 6mcg 15%

Choline 112mg 20%

*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

SMALL