

Nutrition Facts

Serving Size 1 egg (50g)

Servings per Container 12

Amount Per Serving

Calories 70 **Calories from Fat** 45

% Daily Value*

Total Fat 5g **8%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 185mg **62%**

Sodium 70mg **3%**

Potassium 70mg **2%**

Total Carbohydrate 0g **0%**

Protein 6g **12%**

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 4%

Vitamin D 10% • Thiamin 0%

Riboflavin 15% • Vitamin B6 4%

Folate 6% • Vitamin B12 8%

Phosphorus 10% • Zinc 4%

Not a significant source of dietary fiber and sugars.

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4