

# Nutrition Facts

12 servings per container

**Serving size**

**1 egg (63g)**

**Calories 90**  
per serving

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
<b>Total Fat</b> 6g	<b>8%</b>	<b>Sodium</b> 90mg	<b>4%</b>
Saturated Fat 2g	10%	<b>Total Carbohydrate</b> 0g	<b>0%</b>
<i>Trans</i> Fat 0g		Dietary Fiber 0g	0%
Polyunsaturated Fat 1g		Total Sugars 0g	
Monounsaturated Fat 2.5g		Includes 0g Added Sugars	0%
<b>Cholesterol</b> 235mg	<b>78%</b>	<b>Protein</b> 8g	<b>16%</b>

\*The % Daily Value (DV) 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.

Vitamin D 1.3mcg 6% • Calcium 40mg 4% • Iron 1.1mg 6% • Potassium 90mg 0%  
 Vitamin A 100mcg 10% • Vitamin E 0.7mg 4% • Riboflavin 0.3mg 25% • Niacin 1.8mg 10%  
 Vitamin B6 0.1mg 6% • Folate 30mcg DFE 8% • Vitamin B12 0.6mcg 25%  
 Biotin 13mcg 45% • Pantothenic Acid 1mg 20% • Phosphorus 130mg 10%  
 Iodine 35mcg 25% • Zinc 0.8mg 8% • Selenium 19mcg 35% • Choline 190mg 35%

**Ingredients:** ENC\_EGG\_WHOLE\_RAW 100g(14Mar2019)