

Nutrition Facts	
12 servings per container	
Serving size 1 jumbo egg (63g)	
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2g	10%
<i>Trans</i> Fat 0g	
Polyunsaturated Fat 1g	
Monounsaturated Fat 2.5g	
Cholesterol 235mg	78%
Sodium 90mg	4%
Total Carbohydrate 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 8g	16%
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 B ₆ 0.1mg	6%
Folate 30mcg DFE	8%
Vitamin B ₁₂ 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%
*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.	

Ingredients: ENC_EGG_WHOLE_RAW 100gJMB(14Mar2019)