

# Nutrition Facts

12 servings per container

**Serving size**  
**1 egg (50g)**

**Calories** **70**  
per serving

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
<b>Total Fat</b> 5g	<b>6%</b>	<b>Sodium</b> 70mg	<b>3%</b>
Saturated Fat 1.5g	8%	<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 2g		Includes 0g Added Sugars	0%
<b>Cholesterol</b> 185mg	<b>62%</b>	<b>Protein</b> 6g	<b>12%</b>

Vitamin D 1mcg 6% • Calcium 30mg 2% • Iron 0.9mg 4% • Potassium 70mg 0%  
 Vitamin A 80mcg 8% • Vitamin E 0.5mg 4% • Riboflavin 0.2mg 15% • Niacin 1.4mg 8%  
 Vitamin B6 0.1mg 6% • Folate 25mcg DFE 6% • Vitamin B12 0.5mcg 20%  
 Biotin 11mcg 35% • Pantothenic Acid 0.8mg 15% • Phosphorus 100mg 8%  
 Iodine 28mcg 20% • Zinc 0.7mg 6% • Selenium 15mcg 25% • Choline 150mg 25%

\*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 100g(14Mar2019)