

Nutrition Facts

12 servings per container

Serving size 1 large egg (50g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1.5g 8%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 185mg **62%**
Sodium 70mg **3%**
Total Carbohydrate 0g **0%**

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 6g **12%**

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 100gLG(14Mar2019)