

Nutrition Facts

12 servings per container

Serving size

1 egg (44g)

Calories **60**
per serving

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 4g	5%	Sodium 60mg	3%
Saturated Fat 1.5g	8%	Total Carbohydrate 0g	0%
<i>Trans</i> Fat 0g		Dietary Fiber 0g	0%
Polyunsaturated Fat 1g		Total Sugars 0g	
Monounsaturated Fat 1.5g		Includes 0g Added Sugars	0%
Cholesterol 165mg	55%	Protein 6g	12%
Vitamin D 0.9mcg 4% • Calcium 30mg 2% • Iron 0.8mg 4% • Potassium 60mg 0% Vitamin A 70mcg 8% • Vitamin E 0.5mg 4% • Riboflavin 0.2mg 15% • Niacin 1.3mg 8% Vitamin B6 0.1mg 6% • Folate 20mcg DFE 6% • Vitamin B12 0.4mcg 15% Biotin 9mcg 30% • Pantothenic Acid 0.7mg 15% • Phosphorus 90mg 8% Iodine 24mcg 15% • Zinc 0.6mg 6% • Selenium 14mcg 25% • Choline 130mg 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)