

# Nutrition Facts

12 servings per container

**Serving size 1 medium egg (44g)**

Amount per serving

**Calories 60**

% Daily Value\*

**Total Fat** 4g **5%**

Saturated Fat 1.5g 8%

*Trans* Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 1.5g

**Cholesterol** 165mg **55%****Sodium** 60mg **3%****Total Carbohydrate** 0g **0%**

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**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 B<sub>6</sub> 0.1mg 6%

Folate 20mcg DFE 6%

Vitamin B<sub>12</sub> 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 100gMED(14Mar2019)