

Nutrition Facts

12 servings per container

Serving size

1 egg (38g)

Calories **50**
per serving

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 3.5g	5%	Sodium 55mg	2%
Saturated Fat 1g	5%	Total Carbohydrate 0g	0%
<i>Trans</i> Fat 0g		Dietary Fiber 0g	0%
Polyunsaturated Fat 0.5g		Total Sugars 0g	
Monounsaturated Fat 1.5g		Includes 0g Added Sugars	0%
Cholesterol 140mg	47%	Protein 5g	10%
Vitamin D 0.8mcg 4% • Calcium 20mg 0% • Iron 0.7mg 4% • Potassium 50mg 0% Vitamin A 60mcg 6% • Vitamin E 0.4mg 2% • Riboflavin 0.2mg 15% • Niacin 1mg 6% Vitamin B6 0.1mg 6% • Folate 20mcg DFE 6% • Vitamin B12 0.3mcg 15% Biotin 8mcg 25% • Pantothenic Acid 0.6mg 10% • Phosphorus 80mg 6% Iodine 21mcg 15% • Zinc 0.5mg 4% • Selenium 12mcg 20% • Choline 110mg 20%			

*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)