### Nutrition Facts

12 servings per container  

**Serving size**  
1 egg (38g)

<table>
<thead>
<tr>
<th>Amount/Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>3.5g</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong></td>
<td>1g</td>
</tr>
<tr>
<td><strong>Trans Fat</strong></td>
<td>0g</td>
</tr>
<tr>
<td><strong>Polyunsaturated Fat</strong></td>
<td>0.5g</td>
</tr>
<tr>
<td><strong>Monounsaturated Fat</strong></td>
<td>1.5g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong></td>
<td>140mg</td>
</tr>
</tbody>
</table>

**Calories** 50

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

#### Vitamin & Mineral Content

- 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)