

# Nutrition Facts

12 servings per container

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

Amount per serving

**Calories 50**

% Daily Value\*

**Total Fat** 3.5g **5%**

Saturated Fat 1g 5%

*Trans* Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1.5g

**Cholesterol** 140mg **47%****Sodium** 55mg **2%****Total Carbohydrate** 0g **0%**

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

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

Folate 20mcg DFE 6%

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