

Nutrition Facts

12 servings per container

Serving size 1 extra large egg (56g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 210mg **70%****Sodium** 80mg **3%****Total Carbohydrate** 0g **0%**

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 7g **14%**

Vitamin D 1.1mcg 6%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 80mg 0%

Vitamin A 90mcg 10%

Vitamin E 0.6mg 4%

Riboflavin 0.3mg 25%

Niacin 1.6mg 10%

Vitamin B₆ 0.1mg 6%

Folate 25mcg DFE 6%

Vitamin B₁₂ 0.5mcg 20%

Biotin 12mcg 40%

Pantothenic Acid 0.9mg 20%

Phosphorus 110mg 8%

Iodine 31mcg 20%

Zinc 0.7mg 6%

Selenium 17mcg 30%

Choline 160mg 30%

*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.