

# Nutrition Facts

12 servings per container

**Serving size 1 jumbo egg (63g)**

Amount per serving

**Calories 90**

% Daily Value\*

**Total Fat** 6g **8%**

Saturated Fat 2g 10%

*Trans* Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2.5g

**Cholesterol** 235mg **78%****Sodium** 90mg **4%****Total Carbohydrate** 0g **0%**

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 8g **16%**

Vitamin D 1.3mcg 6%

Calcium 40mg 4%

Iron 1.1mg 6%

Potassium 90mg 0%

Vitamin A 100mcg 10%

Vitamin E 0.7mg 4%

Riboflavin 0.3mg 25%

Niacin 1.8mg 10%

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

Folate 30mcg DFE 8%

Vitamin B<sub>12</sub> 0.6mcg 25%

Biotin 13mcg 45%

Pantothenic Acid 1mg 20%

Phosphorus 130mg 10%

Iodine 35mcg 25%

Zinc 0.8mg 8%

Selenium 19mcg 35%

Choline 190mg 35%

\*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.