

# Nutrition Facts

12 servings per container

**Serving size**

**1 egg (38g)**

**Calories** **50**  
per serving

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

<b>Amount/Serving</b>	<b>% Daily Value*</b>	<b>Amount/Serving</b>	<b>% Daily Value*</b>
<b>Total Fat</b> 3.5g	<b>5%</b>	<b>Sodium</b> 55mg	<b>2%</b>
Saturated Fat 1g	5%	<b>Total Carbohydrate</b> 0g	<b>0%</b>
<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%
<b>Cholesterol</b> 140mg	<b>47%</b>	<b>Protein</b> 5g	<b>10%</b>

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.