

Nutrient Content of a Large Egg

Nutrient (unit)	Whole Egg	Egg White	Egg Yolk
Calories (kcal)	72	17	55
Protein (g)	6.29	3.60	2.70
Carbohydrate (g)	0.39	0.21	0.61
Total fat (g)	4.97	0.06	4.51
Polyunsaturated fat (g)	0.682	0	0.715
Monounsaturated fat (g)	1.905	0	1.995
Saturated fat (g)	1.55	0	1.624
Cholesterol (mg)	212	0	210
Choline (mg)	125.5	-	-
Lutein & Zeaxanthin (mcg)	166	0	186
Vitamin A (IU)	244	0	245
Vitamin D (IU)	18	0	18
Vitamin E (mg)	0.48	0	0.44
Vitamin B6 (mg)	0.071	0.002	0.059
Vitamin B12 (mcg)	0.65	0.03	0.33
Folate (mcg)	24	1	25
Thiamin (mg)	0.035	0.001	0.03
Riboflavin (mg)	0.239	0.145	0.09
Calcium (mg)	26	2	22
Sodium (mg)	70	55	8
Potassium (mg)	67	54	19
Phosphorus (mg)	96	5	66
Magnesium (mg)	6	4	1
Iron (mg)	0.92	0.03	0.46
Zinc (mg)	0.56	0.01	0.39

Source: USDA National Nutrient Database for Standard Reference