



incredible!



American Egg Board

ASSAYED EGG NUTRIENT VALUES

FACT: According to a study conducted by Food Processing magazine and the American Egg Board, food processors prefer real eggs over alternatives. They know eggs perform multiple functions in food product formulations and keep ingredient statements short and clean.

NUTRIENTS (per 100g)	LIQUID* / FROZEN						DRIED		
	WHOLE EGGS	YOLK	SUGARED YOLK	SALTED YOLK	SALTED WHOLE EGGS	WHITE	WHOLE EGGS	YOLK	STABILIZED WHITE
PROTEIN - g	12.3	15.6	13.87	14.07	10.97	10.1	48.1	34.3	79.9
MOISTURE - g	75.81	56.1	51.23	50.87	67.83	88.3	2.78	3.64	5.48
FAT - g (total lipid)	10.3	25.1	22.82	22.93	10.07	0.16	39.8	55.5	0.65
ASH - g	1.16	2.65	1.13	10.37	10.3	0.7	6.2	5.54	5.47
CARBOHYDRATE - g	0.91	0.59	10.95	1.77	0.83	0.74	1.89	1.08	6.02
GLUCOSE - g	0.25	0.16	0.1	0.07	0.07	0.25	0.56	0.23	0
CALORIES - kcal	150	290	307	275	138	48	558	641	376
CHOLESTEROL - mg	420	1000	917	912	387	3	1700	2340	17

All nutrient data represented on this page courtesy of US Department of Agriculture, Agricultural Research Service, FoodData Central, 2019 (Formerly National Nutrient Database for Standard Reference (SR)).

*Nutrient values for liquid eggs may include a small variation from frozen eggs.