



American Egg Board

EGG LIPIDS

FACT: 1.4 Eggs contain an insignificant amount of trans fat. Similar to some fats and oils, eggs impart a rich texture, mouthfeel, flavor and color to prepared foods.

| LIPIDS (per 100g) | LIQUID* / FROZEN | | | | | | DRIED | | |
|----------------------------------|------------------|-------|--------------|-------------|-------------------|-------|------------|--------|------------------|
| | WHOLE EGGS | YOLK | SUGARED YOLK | SALTED YOLK | SALTED WHOLE EGGS | WHITE | WHOLE EGGS | YOLK | STABILIZED WHITE |
| SATURATED total - g | 3.382 | 8.615 | 7.11 | 7.159 | 3.178 | 0 | 15.069 | 20.334 | 0 |
| 14:0 MYRISTIC | 0.032 | 0.083 | 0.104 | 0.073 | 0.039 | 0 | 0.144 | 0.198 | 0 |
| 16:0 PALMITIC | 2.435 | 6.211 | 5.127 | 5.184 | 2.297 | 0 | 10.811 | 14.773 | 0 |
| 18:0 STEARIC | 0.87 | 2.249 | 1.822 | 1.841 | 0.82 | 0 | 3.974 | 5.177 | 0 |
| MONOUNSATURATED total - g | 3.905 | 9.956 | 8.885 | 9.07 | 4 | 0 | 16.726 | 23.377 | 0 |
| 16:1 PALMITOLEIC | 0.213 | 0.545 | 0.527 | 0.543 | 0.26 | 0 | 0.877 | 1.345 | 0 |
| 18:1 OLEIC | 3.648 | 9.331 | 8.259 | 8.438 | 3.697 | 0 | 15.729 | 21.855 | 0 |
| 20:1 EICOSENOIC | 0.022 | 0.058 | 0.058 | 0.064 | 0.029 | 0 | 0.098 | 0.143 | 0 |
| POLYUNSATURATED total - g | 1.892 | 4.827 | 3.856 | 3.733 | 1.627 | 0 | 8.314 | 10.32 | 0 |
| 18:2 LINOLEIC | 1.564 | 4.009 | 3.154 | 3.068 | 1.324 | 0 | 7.049 | 8.674 | 0 |
| 18:3 LINOLENIC | 0.054 | 0.124 | 0.112 | 0.102 | 0.044 | 0 | 0.247 | 0.281 | 0 |
| 18:4 MOROCITIC | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 20:4 APACHIDONIC | 0.181 | 0.49 | 0.4 | 0.397 | 0.17 | 0 | 0.711 | 0.978 | 0 |
| 20:5 TIMNODONIC (EPA) | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| 22:6 DOCOSAHEXAENOIC | 0.049 | 0.135 | 0.129 | 0.112 | 0.046 | 0 | 0.199 | 0.253 | 0 |
| TRANS FAT - g | 0.054 | 0.098 | 0.115 | 0.116 | 0.09 | 0 | 0.265 | 0.346 | 0 |

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.