



American Egg Board

EGG MINERALS

FACT: Many additional ingredients are required to substitute for the functionality of eggs in a recipe or formula. Contemporary consumers, however, are turned off by food labels displaying synthetic additives and unfamiliar ingredients.

MINERALS (per 100g)	LIQUID* / FROZEN						DRIED		
	WHOLE EGGS	YOLK	SUGARED YOLK	SALTED YOLK	SALTED WHOLE EGGS	WHITE	WHOLE EGGS	YOLK	STABILIZED WHITE
CALCIUM - mg	55	119	124	113	55	9	220	270	104
IRON - mg	1.77	4.13	3.7	3.4	1.71	0.18	6.97	9.28	0
MAGNESIUM - mcg	11.2	11.2	10	7	9	10.6	44.6	26	87.6
PHOSPHORUS - mg	189	443	404	414	186	0	770	982	107
POTASSIUM - mg	117	102	105	111	128	130	468	231	959
SODIUM - mg	121	66	70	3487	3663	144	485	149	1250
ZINC - mg	1.2	2.93	3.06	2.87	1.3	0.02	5.02	7.11	0.43
COPPER - mg	0	0	0.012	0.121	0.064	0	0	0	0
MANGANESE - mg	0	0.068	0.08	0.065	0.033	0	0	0	0
SELENIUM** - mcg	37.2	56.4	53.5	56.9	30.4	9.2	164.7	139.3	192

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.

**Selenium may vary in different areas of the U.S.

