

Nutrition Facts

12 servings per container

Serving size

1 egg (56g)

Calories **80**
per serving

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 5g	6%	Sodium 80mg	3%
Saturated Fat 2g	10%	Total Carbohydrate 0g	0%
<i>Trans</i> Fat 0g		Dietary Fiber 0g	0%
Polyunsaturated Fat 1g		Total Sugars 0g	
Monounsaturated Fat 2g		Includes 0g Added Sugars	0%
Cholesterol 210mg	70%	Protein 7g	14%

Vitamin D 1.1mcg 6% • Calcium 30mg 2% • Iron 1mg 6% • Potassium 80mg 0%
 Vitamin A 90mcg 10% • Vitamin E 0.6mg 4% • Riboflavin 0.3mg 25% • Niacin 1.6mg 10%
 Vitamin B6 0.1mg 6% • Folate 25mcg DFE 6% • Vitamin B12 0.5mcg 20%
 Biotin 12mcg 40% • Pantothenic Acid 0.9mg 20% • Phosphorus 110mg 8%
 Iodine 31mcg 20% • Zinc 0.7mg 6% • Selenium 17mcg 30% • Choline 160mg 30%

*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.