

# Nutrition Facts

12 servings per container

**Serving size** 1 egg (56g)

**Amount per serving**  
**Calories** 80

% Daily Value\*

**Total Fat** 5g 6%

Saturated Fat 2g 10%

*Trans* Fat 0g

**Cholesterol** 210mg 70%

**Sodium** 80mg 3%

**Total Carbohydrate** 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

**Protein** 7g 14%

Vitamin D 1.1mcg 6%

Calcium 30mg 2%

Iron 1mg 6%

Potassium 80mg 0%

\* 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.