

Nutrition Facts

12 servings per container

Serving size
1 egg (50g)

Calories **70**
per serving

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 5g	6%	Sodium 70mg	3%
Saturated Fat 1.5g	8%	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 185mg	62%	Protein 6g	12%

Vitamin D 1mcg 6% • Calcium 30mg 2% • Iron 0.9mg 4% • Potassium 70mg 0%
 Vitamin A 80mcg 8% • Vitamin E 0.5mg 4% • Riboflavin 0.2mg 15% • Niacin 1.4mg 8%
 Vitamin B6 0.1mg 6% • Folate 25mcg DFE 6% • Vitamin B12 0.5mcg 20%
 Biotin 11mcg 35% • Pantothenic Acid 0.8mg 15% • Phosphorus 100mg 8%
 Iodine 28mcg 20% • Zinc 0.7mg 6% • Selenium 15mcg 25% • Choline 150mg 25%

*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.