

Nutrition Facts

12 servings per container

Serving size 1 small egg (38g)

Amount per serving

Calories 50

% Daily Value*

Total Fat 3.5g **5%**

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 0.5g

Monounsaturated Fat 1.5g

Cholesterol 140mg **47%**
Sodium 55mg **2%**
Total Carbohydrate 0g **0%**

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 5g **10%**

Vitamin D 0.8mcg 4%

Calcium 20mg 0%

Iron 0.7mg 4%

Potassium 50mg 0%

Vitamin A 60mcg 6%

Vitamin E 0.4mg 2%

Riboflavin 0.2mg 15%

Niacin 1mg 6%

Vitamin B₆ 0.1mg 6%

Folate 20mcg DFE 6%

Vitamin B₁₂ 0.3mcg 15%

Biotin 8mcg 25%

Pantothenic Acid 0.6mg 10%

Phosphorus 80mg 6%

Iodine 21mcg 15%

Zinc 0.5mg 4%

Selenium 12mcg 20%

Choline 110mg 20%

*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.