

Nutritional Facts



Serving Size 1 egg (50 g)

Servings 6

Amount Per Serving

Calories 70 Calories from Fat 40

% Daily Value*

Total Fat	4.5g		8%
Sat. Fat 1.0g		8%	
Trans Fat 0g			
Cholesterol 215 mg		79%	
Sodium 65 mg		3%	
Total Carbohydrate 1.0g		0%	
Protein	6g		15%
Vitamin A 6%		Vitamin C 0%	
Calcium 2%		Iron 4%	
Thiamine 2%		Riboflavin 15%	
Vitamin B-5 4%		Folate 6%	
Vitamin B-12 8%		Phosphorus 8%	
Zinc 4%			

Not a significant source of Dietary Fiber or Sugars

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your diet.