

Nutrition Facts

12 servings per container

Serving size

1 egg (63g)

Calories 90
per serving

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Amount/Serving	% Daily Value*	Amount/Serving	% Daily Value*
Total Fat 6g	8%	Sodium 90mg	4%
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 2.5g		Includes 0g Added Sugars	0%
Cholesterol 235mg	78%	Protein 8g	16%

Vitamin D 1.3mcg 6% • Calcium 40mg 4% • Iron 1.1mg 6% • Potassium 90mg 0%
 Vitamin A 100mcg 10% • Vitamin E 0.7mg 4% • Riboflavin 0.3mg 25% • Niacin 1.8mg 10%
 Vitamin B6 0.1mg 6% • Folate 30mcg DFE 8% • Vitamin B12 0.6mcg 25%
 Biotin 13mcg 45% • Pantothenic Acid 1mg 20% • Phosphorus 130mg 10%
 Iodine 35mcg 25% • Zinc 0.8mg 8% • Selenium 19mcg 35% • Choline 190mg 35%

*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.