

Percent Daily Values for Nutrient Content of One Large Egg¹

Nutrient	Large Egg	DV	%DV
Calories	74	2000	3.7%
Protein (g)	6.3	50	12.6%
Carbohydrate (g)	0.4	300	0.1%
Total Fat (g)	5	65	7.7%
Saturated Fat (g)	1.5	20	7.5%
<i>Trans</i> Fat ² (g)	0.05	n/a	n/a
Unsaturated Fat (g)	2.6	n/a	n/a
Cholesterol (mg)	212	300	70.7%
Lecithin (g)	1.1	n/a	n/a
Choline (mg)	125	550	22.7%
Lutein & Zeaxanthin (mcg)	166	n/a	n/a
Vitamin A (IU)	244	5000	4.9%
Vitamin D (IU)	18	400	4.5%
Vitamin E (IU)	0.74	30	2.5%
Vitamin B12 (mcg)	0.64	6.0	10.6%
Vitamin B6 (mg)	0.07	2.0	3.5%
Folate (mcg)	24	400	6.0%
Thiamin (mg)	0.035	1.5	2.3%
Riboflavin (mg)	0.24	1.7	14.1%
Phosphorus (mg)	96	1000	9.6%
Zinc (mg)	0.5	15	3.3%
Iron (mg)	0.9	18	5.0%

¹Daily Values (DV) based on a 2000 calorie intake; for adults and children \geq 4 yrs of age

²Sadler, Strain and Caballero, (1999). *Encyclopedia of Human Nutrition*. San Diego: Academic Press.

Revised based on USDA's National Nutrient Database for Standard Reference, Release 18.