

Nutrition Facts

12 servings per container

Serving size 1 egg (56g)

Amount per serving

Calories 80

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 2g **10%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 210mg **70%**

Sodium 80mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 7g **14%**

Vitamin D 1mcg 6%

Calcium 31mg 2%

Iron 1mg 6%

Potassium 77mg 2%

Riboflavin 0.3mg 25%

Vitamin B₁₂ 0.5mcg 20%

Biotin 11mcg 35%

Pantothenic Acid 1mg 20%

Iodine 30mcg 20%

Zinc 1mg 10%

Selenium 17mcg 30%

Molybdenum 10mcg 20%

Choline 165mg 30%

*The % Daily Value 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.

Calories per gram

Fat 9 • Carbohydrate 4 • Protein 4

EXTRA LARGE