

Nutrition Facts

12 servings per container

Serving size 1 egg (50g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 5g **6%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Polyunsaturated Fat 1g

Monounsaturated Fat 2g

Cholesterol 185mg **62%**

Sodium 70mg **3%**

Total Carbohydrate 0g **0%**

Dietary Fiber 0g

Total Sugars 0g

Includes 0g Added Sugars **0%**

Protein 6g **12%**

Vitamin D 1mcg 6%

Calcium 28mg 2%

Iron 1mg 6%

Potassium 69mg 2%

Riboflavin 0.2mg 15%

Vitamin B₁₂ 0.4mcg 15%

Biotin 10mcg 35%

Pantothenic Acid 1mg 20%

Iodine 27mcg 20%

Zinc 1mg 10%

Selenium 15mcg 25%

Molybdenum 8mcg 20%

Choline 147mg 25%

*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

LARGE