

Nutrient Content of One Large Egg

raw, fresh ^{1,2}

Nutrient		Whole Egg	Egg White	Egg Yolk
Energy	calories	72	17	55
Protein	grams	6.3	3.6	2.7
Carbohydrate	grams	0.36	0.24	0.61
Total Fat	grams	4.8	0.06	4.5
Monounsaturated Fat	grams	1.8	0	2
Polyunsaturated Fat	grams	1	0	0.72
Saturated Fat	grams	1.6	0	1.6
Trans Fat	grams	0.02	0	0.02
Cholesterol	milligrams	186	0	184
Choline	milligrams	126	0.4	116
Riboflavin	milligrams	0.2	0.15	0.09
Vitamin B12	microgram	0.45	0.03	0.33
Folate	microgram	24	1	25
Vitamin D	IU	41	0	37
Vitamin A	IU	270	0	245
Vitamin B6	milligrams	0.09	0	0.06
Thiamin	milligrams	0.02	0	0.03
Vitamin E	milligrams	0.5	0	0.44
Selenium	microgram	15.4	6.6	9.5
Phosphorus	milligrams	99	5	66
Iron	milligrams	0.88	0.03	0.46
Zinc	milligrams	0.65	0.01	0.39
Calcium	milligrams	28	2	22
Sodium	milligrams	71	55	8
Potassium	milligrams	69	54	19
Magnesium	milligrams	6	4	1



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¹ U.S. Department of Agriculture, Agricultural Research Service, 2010. USDA National Nutrient Database for Standard Reference, Release 23. Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>

² Discrepancies between nutrient levels in the white+yolk vs. the whole egg are due to sampling error.