Nutrition Facts Serving Size 1 egg 70g (70 g)

Amount Pe	er Serving	3			
Calories 130			Calories from Fat 87		
			% Daily Value*		
Total Fat 10g			15%		
Saturated Fat 3g			13%		
Trans Fa	at				
Cholesterol 619mg					206%
Sodium 10			4%		
Total Carbohydrate 1g 0%					
Dietary Fiber 0g					0%
Sugars 1	lg				
Protein 9g					
	201) (I)		
Vitamin A	9%	•	Vitamin	C	0%
Calcium	4%	•	Iron		15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on					
your calorie ne	eeds: Calories		2,000		2,500
Total Fat Sat Fat Cholesterol Sodium Total Carbohy Fiber	Less than Less than Less than Less than drate		65g 20g 300mg 2,400mg 300g 25g		80g 25g 300mg 2,400mg 375g 30g
Calories per gram: Fat 9					
©www.NutritionData.com					