Nutrition Facts Serving Size 1 egg 144g (144 g)

Amount Per Serving

Calories 266 Calories from Fat 172

% Daily Value*

29%

26%

409%

8%

1%

0%

0%

29%

Total Fat 19g

Saturated Fat 5g

Trans Fat

Cholesterol 1227mg

Sodium 199mg

Total Carbohydrate 2g

Dietary Fiber 0g

Sugars 1g

Protein 20g

Vitamin A 19% • Vitamin C

Calcium 9% • Iron

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Fiber	-	25g	30g
Calories per gram: Fat 9			

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