

Nutrition Facts

Serving Size 1 egg 79g (79 g)

Amount Per Serving

Calories 135 **Calories from Fat** 85

% Daily Value*

Total Fat 9g 14%

Saturated Fat 3g 14%

Trans Fat

Cholesterol 737mg 246%

Sodium 119mg 5%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars

Protein 11g

Vitamin A 9% • Vitamin C 0%

Calcium 8% • Iron 18%

*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 • Carbohydrate 4 • Protein 4

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