

Nutrition Facts

Serving Size : 1 Egg (79mL)

Serving Per Container: About 12

Amount Per Serving
Calories

110

% Daily Value*

Total Fat 6g	8%
Saturated Fat 2g	10%
Trans Fat 0g	0%
Cholesterol 225mg	75%
Sodium 550mg	24%
Total Carbohydrate 4g	2%
Dietary Fiber 0g	0%
Sugars 4g (Incl. 3g added sugars)	6%

Proteins 8g

Vitamin D 2.6mcg	13%
Calcium 40mg	4%
Iron 0.9mg	5%
Potassium 110mg	3%

*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.