

National Nutrient Database for Standard Reference
Release 24

[NDL Home](#) [Foods List](#) [Ground Beef Calculator](#) [SR24 Documentation](#) [Help](#)

Basic Report

Nutrient data for 01128, Egg, whole, cooked, fried

[Return to Search Results](#) [Full Report](#) [Statistics Report](#)

Nutrient values and weights are for edible portion

Apply Changes ?			
Nutrient	Unit	1 Value per 100.0g	1.0 large 46g
Proximates			
Water	g	69.47	31.96
Energy	kcal	196	90
Protein	g	13.61	6.26
Total lipid (fat)	g	14.84	6.83
Carbohydrate, by difference	g	0.83	0.38
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.40	0.18
Minerals			
Calcium, Ca	mg	62	29
Iron, Fe	mg	1.89	0.87
Magnesium, Mg	mg	13	6
Phosphorus, P	mg	215	99
Potassium, K	mg	152	70
Sodium, Na	mg	207	95
Zinc, Zn	mg	1.39	0.64
Vitamins			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.044	0.020
Riboflavin	mg	0.495	0.228
Niacin	mg	0.082	0.038
Vitamin B-6	mg	0.184	0.085
Folate, DFE	mcg_DFE	51	23
Vitamin B-12	µg	0.97	0.45
Vitamin A, RAE	mcg_RAE	219	101
Vitamin A, IU	IU	787	362
Vitamin E (alpha-tocopherol)	mg	1.31	0.60
Vitamin D (D2 + D3)	µg	2.2	1.0
Vitamin D	IU	88	40
Vitamin K (phylloquinone)	µg	5.6	2.6
Lipids			
Fatty acids, total saturated	g	4.323	1.989
Fatty acids, total monounsaturated	g	6.182	2.844
Fatty acids, total polyunsaturated	g	3.251	1.495
Cholesterol	mg	401	184
Other			
Caffeine	mg	0	0