

National Nutrient Database for Standard Reference  
Release 24

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## Basic Report

Nutrient data for 01131, Egg, whole, cooked, poached

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*Nutrient values and weights are for edible portion*

Apply Changes ?			
Nutrient	Unit	1 Value per 100.0g	1.0 large 50g
<b>Proximates</b>			
Water	g	75.85	37.92
Energy	kcal	143	72
Protein	g	12.51	6.26
Total lipid (fat)	g	9.47	4.74
Carbohydrate, by difference	g	0.71	0.36
Fiber, total dietary	g	0.0	0.0
Sugars, total	g	0.37	0.18
<b>Minerals</b>			
Calcium, Ca	mg	56	28
Iron, Fe	mg	1.75	0.88
Magnesium, Mg	mg	12	6
Phosphorus, P	mg	197	98
Potassium, K	mg	138	69
Sodium, Na	mg	297	148
Zinc, Zn	mg	1.29	0.64
<b>Vitamins</b>			
Vitamin C, total ascorbic acid	mg	0.0	0.0
Thiamin	mg	0.032	0.016
Riboflavin	mg	0.387	0.194
Niacin	mg	0.063	0.032
Vitamin B-6	mg	0.144	0.072
Folate, DFE	mcg_DFE	35	18
Vitamin B-12	µg	0.71	0.36
Vitamin A, RAE	mcg_RAE	160	80
Vitamin A, IU	IU	538	269
Vitamin E (alpha-tocopherol)	mg	1.04	0.52
Vitamin D (D2 + D3)	µg	2.0	1.0
Vitamin D	IU	82	41
Vitamin K (phylloquinone)	µg	0.3	0.2
<b>Lipids</b>			
Fatty acids, total saturated	g	3.113	1.556
Fatty acids, total monounsaturated	g	3.643	1.821
Fatty acids, total polyunsaturated	g	1.904	0.952
Cholesterol	mg	370	185
<b>Other</b>			
Caffeine	mg	0	0