

National Nutrient Database for Standard Reference  
Release 24

## Basic Report

## Nutrient data for 01123, Egg, whole, raw, fresh

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Nutrient values and weights are for edible portion

Apply Changes ?								
Nutrient	Unit	1 Value per 100.0g	1.0 cup (4.86 large eggs) 243g	1.0 extra large 56g	1.0 jumbo 63g	1.0 large 50g	1.0 medium 44g	1.0 small 38g
<b>Proximates</b>								
Water	g	76.15	185.04	42.64	47.97	38.08	33.51	28.94
Energy	kcal	143	347	80	90	72	63	54
Protein	g	12.56	30.52	7.03	7.91	6.28	5.53	4.77
Total lipid (fat)	g	9.51	23.11	5.33	5.99	4.76	4.18	3.61
Carbohydrate, by difference	g	0.72	1.75	0.40	0.45	0.36	0.32	0.27
Fiber, total dietary	g	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Sugars, total	g	0.37	0.90	0.21	0.23	0.18	0.16	0.14
<b>Minerals</b>								
Calcium, Ca	mg	56	136	31	35	28	25	21
Iron, Fe	mg	1.75	4.25	0.98	1.10	0.88	0.77	0.66
Magnesium, Mg	mg	12	29	7	8	6	5	5
Phosphorus, P	mg	198	481	111	125	99	87	75
Potassium, K	mg	138	335	77	87	69	61	52
Sodium, Na	mg	142	345	80	89	71	62	54
Zinc, Zn	mg	1.29	3.13	0.72	0.81	0.64	0.57	0.49
<b>Vitamins</b>								
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0	0.0	0.0	0.0
Thiamin	mg	0.040	0.097	0.022	0.025	0.020	0.018	0.015
Riboflavin	mg	0.457	1.111	0.256	0.288	0.228	0.201	0.174
Niacin	mg	0.075	0.182	0.042	0.047	0.038	0.033	0.028
Vitamin B-6	mg	0.170	0.413	0.095	0.107	0.085	0.075	0.065
Folate, DFE	mcg_DFE	47	114	26	30	24	21	18
Vitamin B-12	µg	0.89	2.16	0.50	0.56	0.44	0.39	0.34
Vitamin A, RAE	mcg_RAE	160	389	90	101	80	70	61
Vitamin A, IU	IU	540	1312	302	340	270	238	205
Vitamin E (alpha-tocopherol)	mg	1.05	2.55	0.59	0.66	0.52	0.46	0.40
Vitamin D (D2 + D3)	µg	2.0	4.9	1.1	1.3	1.0	0.9	0.8
Vitamin D	IU	82	199	46	52	41	36	31
Vitamin K (phylloquinone)	µg	0.3	0.7	0.2	0.2	0.2	0.1	0.1
<b>Lipids</b>								
Fatty acids, total saturated	g	3.126	7.596	1.751	1.969	1.563	1.375	1.188
Fatty acids, total monounsaturated	g	3.658	8.889	2.048	2.305	1.829	1.610	1.390
Fatty acids, total polyunsaturated	g	1.911	4.644	1.070	1.204	0.956	0.841	0.726
Cholesterol	mg	372	904	208	234	186	164	141
<b>Other</b>								
Caffeine	mg	0	0	0	0	0	0	0