

National Nutrient Database for Standard Reference
Release 24

Basic Report

Nutrient data for 01132, Egg, whole, cooked, scrambled

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Nutrient values and weights are for edible portion

Apply Changes ?					
Nutrient	Unit	1 Value per 100.0g	1.0 cup 220g	1.0 tbsp 13.7g	1.0 large 61g
Proximates					
Water	g	76.40	168.08	10.47	46.60
Energy	kcal	149	328	20	91
Protein	g	9.99	21.98	1.37	6.09
Total lipid (fat)	g	10.98	24.16	1.50	6.70
Carbohydrate, by difference	g	1.61	3.54	0.22	0.98
Fiber, total dietary	g	0.0	0.0	0.0	0.0
Sugars, total	g	1.39	3.06	0.19	0.85
Minerals					
Calcium, Ca	mg	66	145	9	40
Iron, Fe	mg	1.31	2.88	0.18	0.80
Magnesium, Mg	mg	11	24	2	7
Phosphorus, P	mg	165	363	23	101
Potassium, K	mg	132	290	18	81
Sodium, Na	mg	145	319	20	88
Zinc, Zn	mg	1.04	2.29	0.14	0.63
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	0.0	0.0	0.0
Thiamin	mg	0.040	0.088	0.005	0.024
Riboflavin	mg	0.376	0.827	0.052	0.229
Niacin	mg	0.076	0.167	0.010	0.046
Vitamin B-6	mg	0.134	0.295	0.018	0.082
Folate, DFE	mcg_DFE	36	79	5	22
Vitamin B-12	µg	0.76	1.67	0.10	0.46
Vitamin A, RAE	mcg_RAE	161	354	22	98
Vitamin A, IU	IU	578	1272	79	353
Vitamin E (alpha-tocopherol)	mg	1.15	2.53	0.16	0.70
Vitamin D (D2 + D3)	µg	1.8	4.0	0.2	1.1
Vitamin D	IU	72	158	10	44
Vitamin K (phylloquinone)	µg	4.0	8.8	0.5	2.4
Lipids					
Fatty acids, total saturated	g	3.331	7.328	0.456	2.032
Fatty acids, total monounsaturated	g	4.441	9.770	0.608	2.709
Fatty acids, total polyunsaturated	g	2.429	5.344	0.333	1.482
Cholesterol	mg	277	609	38	169
Other					
Caffeine	mg	0	0	0	0

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