

Large Egg Nutrition Facts

Serving Size 1 egg (50g)

Amount Per Serving

Calories 70 Calories from Fat 40

% Daily Value*

Total Fat	4.5g	7%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	215mg	71%
Sodium	65mg	3%
Total Carbohydrate	1g	0%
Protein	6g	13%

Vitamin A 6% • Vitamin C 0%

Calcium 2% • Iron 4%

Vitamin D 20%

DHA Omega-3 32mg

Not a significant source of Dietary Fiber or Sugars.

*Percent Daily Values are based on a 2,000 calorie diet.

Extra Large Egg Nutrition Facts

Serving Size 1 egg (56g)

Amount Per Serving

Calories 80 Calories from Fat 45

% Daily Value*

Total Fat	5g	8%
Saturated Fat	1.5g	8%
Trans Fat	0g	
Cholesterol	240mg	79%
Sodium	70mg	3%
Total Carbohydrate	1g	0%
Protein	7g	15%

Vitamin A 8% • Vitamin C 0%

Calcium 2% • Iron 4%

Vitamin D 20%

DHA Omega-3 32mg

Not a significant source of Dietary Fiber or Sugars.

*Percent Daily Values are based on a 2,000 calorie diet.