

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%

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%

DHA Omega-3 32mg

Not a significant source of Dietary Fiber or Sugars.

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