

Nutrient Content of One Large Egg

Whole, raw, fresh

<i>Nutrient</i>	Whole Egg	White	Yolk
Calories	74	17	55
Protein (g)	6.3	3.6	2.7
Carbohydrate (g)	0.4	0.24	0.61
Total Fat (g)	5	0.06	4.51
Polyunsaturated Fat (g)	0.7	0	0.72
Monounsaturated Fat (g)	1.9	0	2.0
Saturated Fat (g)	1.5	0	1.6
Trans Fat (g)	0.05*	0	0.05*
Cholesterol (mg)	212	0	210
Choline (mg)	125	0	125
Lutein & Zeaxanthin (mcg)	166	0	186
Vitamin A (IU)	244	0	245
Vitamin D (IU)	17.3	0	18.3
Vitamin E (mg)	0.5	0	0.44
Vitamin B6 (mg)	0.07	0	0.06
Vitamin B12 (mcg)	0.64	0.03	0.33
Folate (mcg)	24	1	25
Thiamin (mg)	0.03	0	0.03
Riboflavin (mg)	0.24	0.15	0.09
Calcium (mg)	27	2	22
Sodium (mg)	70	55	8
Potassium (mg)	67	54	19
Phosphorus (mg)	96	5	66
Magnesium (mg)	6	4	1
Iron (mg)	0.9	0.03	0.46
Zinc (mg)	0.6	0.01	0.39

U.S. Department of Agriculture, Agricultural Research Service. 2004. USDA National Nutrient Database for Standard Reference, Release 17. Nutrient Data Laboratory Home Page <http://www.nal.usda.gov/fnic/foodcomp> Apparent discrepancies in nutrient levels between the white + yolk vs. the whole egg are due to sampling error.

*Sadler, Strain, and Caballero, (1999). *Encyclopedia of Human Nutrition*. San Diego. Academic Press.



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