

Egg Nutrients

CRACKING  EGGS

The Nutritional Content of an Egg

Egg Nutrient	Amount per Egg	% RDA for Women	% RDA for Men
Weight			
Water			
Energy (kjoules)			
Energy (kcalories)			
Protein			
Carbohydrate			
Fat			
(inc Saturated fat)			
(inc Monounsaturated fat)			
(inc Polyunsaturated fat)			
Dietary fibre			
Sodium			
Potassium			
Calcium			
Phosphorous			
Magnesium			
Iron			
Chlorine			
Sulphur			
Selenium			
Vitamin A			
Vitamin D			
Vitamin E			
Vitamin C			
Thiamin (B1)			
Riboflavin (B2)			
Niacin			
Vitamin B6			
Folate			
Vitamin B12			
Biotin			
Pantothenic acid			