

# Nutrition Facts

18 servings per container

**Serving size**

**1 egg (50g)**

**Calories**  
per serving

**70**

**Amount/serving** **% Daily Value\***

**Total Fat** 5g **6%**

Saturated Fat 1.5g **8%**

*Trans* Fat 0g

**Cholesterol** 185mg **62%**

**Sodium** 70mg **3%**

Vitamin D 1mcg 6% • Calcium 28mg 2% • Iron 1mg 6%

Potassium 69mg 2%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

**Amount/serving** **% Daily Value\***

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Total Sugars 0g

Includes 0g Added Sugars **0%**

**Protein** 6g **12%**