

Egg Nutrition

Nutrition Facts

Serving Size 1 large egg

	Whole Egg	Egg White	Egg Yolk
Amount Per Serving			
Calories	72	17	55
Total Fat (g)	4.97	0.06	4.51
Cholesterol (mg)	212	0	210
Sodium (mg)	70	55	8
Total Carbohydrates (g)	0.39	0.21	0.61
Protein (g)	6.29	3.60	2.70
Choline (mg)	125.5	--	--
Lutein & Zeaxanthin (mcg)	166	0	186
Vitamin A (IU)	244	0	245
Vitamin D (IU)	18	0	18
Vitamin E (mg)	0.48	0	0.44
Vitamin B6 (mg)	0.071	0.002	0.059
Vitamin B12 (mcg)	0.65	0.03	0.33
Folate (mcg)	24	1	25
Thiamin (mg)	0.035	0.001	0.03
Riboflavin (mg)	0.239	0.145	0.09
Calcium (mg)	26	2	22
Sodium (mg)	70	55	8
Potassium (mg)	67	54	19
Phosphorus (mg)	96	5	66
Magnesium (mg)	6	4	1
Iron (mg)	0.92	0.03	0.46
Zinc (mg)	0.56	0.01	0.39

One egg has 13 essential nutrients in varying amounts – including the highest quality protein, choline, foliate, iron and zinc – for only 75 calories. Eggs play a role in weight management, muscle strength, healthy pregnancy, brain function, eye health and more.

USDA, National Nutrient Database for Standard Reference