

Full Report (All Nutrients) 01172, Egg, white, raw, frozen, pasteurized

Report Date: November 23, 2016 11:28 EST

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Carbohydrate Factor: 3,68 Fat Factor: 9,02 Protein Factor:4,36 Nitrogen to Protein Conversion Factor:6,25

Nutrient	Unit	² Value Per200 g	Data points	Std. Error	1 oz 28g
Proximates					
Water 1	g	176.34	15	0.073	24.69
Energy	kcal	96	--	--	13
Energy	kJ	404	--	--	57
Protein 1	g	20.40	15	0.114	2.86
Total lipid (fat) 1	g	0.00	15	0.000	0.00
Ash 1	g	1.20	15	0.035	0.17
Carbohydrate, by difference	g	2.08	--	--	0.29
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total 1	g	0.50	15	0.013	0.07
Sucrose 1	g	0.00	15	0.000	0.00
Glucose (dextrose) 1	g	0.50	15	0.013	0.07
Fructose 1	g	0.00	15	0.000	0.00
Lactose 1	g	0.00	15	0.000	0.00
Maltose 1	g	0.00	15	0.000	0.00
Galactose 1	g	0.00	15	0.000	0.00
Minerals					
Calcium, Ca 1	mg	16	15	0.434	2
Iron, Fe 1	mg	0.08	15	0.000	0.01
Magnesium, Mg 2	mg	22	3	--	3
Phosphorus, P 2	mg	26	3	--	4
Potassium, K 2	mg	338	3	--	47
Sodium, Na 1	mg	338	15	1.846	47

Nutrient	Unit	2 Value Per200 g	Data points	Std. Error	1 oz 28g
Zinc, Zn 2	mg	0.14	3	--	0.02
Copper, Cu 2	mg	0.064	3	--	0.009
Manganese, Mn	mg	0.014	2	--	0.002
Selenium, Se 2	µg	18.4	3	--	2.6
Vitamins					
Vitamin C, total ascorbic acid 1	mg	0.0	15	0.000	0.0
Thiamin 2	mg	0.046	3	--	0.006
Riboflavin 2	mg	0.846	3	--	0.118
Niacin 2	mg	0.186	3	--	0.026
Pantothenic acid 2	mg	0.294	3	--	0.041
Vitamin B-6 1	mg	0.010	15	0.000	0.001
Folate, total 2	µg	20	3	--	3
Folic acid	µg	0	--	--	0
Folate, food	µg	20	3	--	3
Folate, DFE	µg	20	--	--	3
Choline, total 2	mg	5.0	3	--	0.7
Vitamin B-12 1	µg	0.06	15	0.009	0.01
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	0	--	--	0
Retinol 1	µg	0	15	0.000	0
Carotene, beta 2	µg	0	3	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	0	--	--	0
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin 2	µg	40	3	--	6
Vitamin E (alpha-tocopherol) 2	mg	0.00	3	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	15	--	0.0
Vitamin D2 (ergocalciferol) 1	µg	0.0	15	0.000	0.0
Vitamin D3 (cholecalciferol) 1	µg	0.0	15	0.000	0.0
Vitamin D 2	IU	0	3	--	0

Nutrient	Unit	2 Value Per200 g	Data points	Std. Error	1 oz 28g
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0 1	g	0.000	15	0.000	0.000
6:0 1	g	0.000	15	0.000	0.000
8:0 1	g	0.000	15	0.000	0.000
10:0 1	g	0.000	15	0.000	0.000
12:0 1	g	0.000	15	0.000	0.000
14:0 1	g	0.000	15	0.000	0.000
15:0 1	g	0.000	15	0.000	0.000
16:0 1	g	0.000	15	0.000	0.000
17:0 1	g	0.000	15	0.000	0.000
18:0 1	g	0.000	15	0.000	0.000
20:0 1	g	0.000	15	0.000	0.000
22:0 1	g	0.000	15	0.000	0.000
24:0 1	g	0.000	15	0.000	0.000
Fatty acids, total monounsaturated	g	0.000	--	--	0.000
14:1 1	g	0.000	15	0.000	0.000
15:1 1	g	0.000	15	0.000	0.000
16:1 undifferentiated 1	g	0.000	15	0.000	0.000
17:1 1	g	0.000	15	0.000	0.000
18:1 undifferentiated	g	0.000	--	--	0.000
20:1 1	g	0.000	15	0.000	0.000
22:1 undifferentiated 1	g	0.000	15	0.000	0.000
Fatty acids, total polyunsaturated	g	0.000	--	--	0.000
18:2 undifferentiated 1	g	0.000	15	0.000	0.000
18:2 n-6 c,c 1	g	0.000	15	0.000	0.000
18:2 t,t 1	g	0.000	15	0.000	0.000
18:3 undifferentiated 1	g	0.000	15	0.000	0.000
18:3 n-3 c,c,c (ALA) 1	g	0.000	15	0.000	0.000
18:3 n-6 c,c,c 1	g	0.000	15	0.000	0.000
18:3i 1	g	0.000	15	0.000	0.000

Nutrient	Unit	2 Value Per200 g	Data points	Std. Error	1 oz 28g
18:4 1	g	0.000	15	0.000	0.000
20:2 n-6 c,c 1	g	0.000	15	0.000	0.000
20:3 undifferentiated 1	g	0.000	15	0.000	0.000
20:4 undifferentiated 1	g	0.000	15	0.000	0.000
20:5 n-3 (EPA) 1	g	0.000	15	0.000	0.000
22:5 n-3 (DPA) 1	g	0.000	15	0.000	0.000
22:6 n-3 (DHA) 1	g	0.000	15	0.000	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Fatty acids, total trans-monoenoic	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan 2	g	0.352	--	--	0.049
Threonine 2	g	0.906	--	--	0.127
Isoleucine 2	g	1.118	--	--	0.157
Leucine 2	g	1.872	--	--	0.262
Lysine 2	g	1.520	--	--	0.213
Methionine 2	g	0.792	--	--	0.111
Cystine 2	g	0.576	--	--	0.081
Phenylalanine 2	g	1.316	--	--	0.184
Tyrosine 2	g	0.892	--	--	0.125
Valine 2	g	1.460	--	--	0.204
Arginine 2	g	1.250	--	--	0.175
Histidine 2	g	0.526	--	--	0.074
Alanine 2	g	1.316	--	--	0.184
Aspartic acid 2	g	2.318	--	--	0.325
Glutamic acid 2	g	2.960	--	--	0.414
Glycine 2	g	0.782	--	--	0.109
Proline 2	g	0.818	--	--	0.115
Serine 2	g	1.594	--	--	0.223
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0

Nutrient	Unit	2 Value Per200 g	Data points	Std. Error	1 oz 28g
Theobromine	mg	0	--	--	0

Sources of Data

¹American Egg Board American Egg Board - data on six egg products, 2014

²American Egg Board American Egg Board-Egg Nutrition Center Study, 2005