



American Egg Board

# Assayed Egg Nutrients

**FACT:** According to a study conducted by Food Processing magazine and the American Egg Board, food processors prefer real eggs over alternatives. They know eggs perform multiple functions in food product formulations and keep ingredient statements short and clean.

NUTRIENTS (per 100g)	LIQUID* / FROZEN						DRIED		
	WHOLE EGGS	YOLK	SUGARED YOLK	SALTED YOLK	SALTED WHOLE EGGS	WHITE	WHOLE EGGS	YOLK	STABILIZED WHITE
<b>PROTEIN - g</b>	12.33	15.53	13.87	14.07	10.97	10.20	48.05	33.63	84.08
<b>MOISTURE - g</b>	75.81	56.44	51.23	50.87	67.83	88.17	2.78	3.08	5.48
<b>FAT - g (total lipid)</b>	9.95	25.6	22.82	22.93	10.07	0	43.9	59.13	0.32
<b>ASH - g</b>	0.91	1.62	1.13	10.37	10.3	0.6	4.13	3.51	5.61
<b>CARBOHYDRATE - g</b>	1.01	0.81	10.95	1.77	0.83	1.04	1.13	0.66	4.51
<b>GLUCOSE - g</b>	.25	0.16	0.1	0.07	0.07	0.25	0.56	0.23	0
<b>CALORIES - kcal</b>	147	296	307	275	138	48	592	669	376
<b>CHOLESTEROL - mg</b>	372	991	917	912	387	0	1630	2307	0

All nutrient data represented on this page courtesy of US Department of Agriculture, Agricultural Research Service, Nutrient Data Laboratory. USDA National Nutrient Database for Standard Reference, Release 28 (Slightly revised).  
 Version Current: May 2016. Internet: <https://ndb.nal.usda.gov/ndb>  
 \*Nutrient values for liquid eggs may include a small variation from frozen eggs.

