



American Egg Board

Egg Lipids

FACT: 1.4 Eggs contain an insignificant amount of trans fat. Similar to some fats and oils, eggs impart a rich texture, mouthfeel, flavor and color to prepared foods.

LIPIDS (per 100g)	LIQUID* / FROZEN						DRIED		
	WHOLE EGGS	YOLK	SUGARED YOLK	SALTED YOLK	SALTED WHOLE EGGS	WHITE	WHOLE EGGS	YOLK	STABILIZED WHITE
SATURATED total - g	3.382	8.615	7.11	7.159	3.178	0	15.069	20.334	0
14:0 MYRISTIC	0.032	0.083	0.104	0.073	0.039	0	0.144	0.198	0
16:0 PALMITIC	2.435	6.211	5.127	5.184	2.297	0	10.811	14.773	0
18:0 STEARIC	0.87	2.249	1.822	1.841	0.82	0	3.974	5.177	0
MONOUNSATURATED total - g	3.905	9.956	8.885	9.07	4	0	16.726	23.377	0
16:1 PALMITOLEIC	0.213	0.545	0.527	0.543	0.26	0	0.877	1.345	0
18:1 OLEIC	3.648	9.331	8.259	8.438	3.697	0	15.729	21.855	0
20:1 EICOSENOIC	0.022	0.058	0.058	0.064	0.029	0	0.098	0.143	0
POLYUNSATURATED total - g	1.892	4.827	3.856	3.733	1.627	0	8.314	10.32	0
18:2 LINOLEIC	1.564	4.009	3.154	3.068	1.324	0	7.049	8.674	0
18:3 LINOLENIC	0.054	0.124	0.112	0.102	0.044	0	0.247	0.281	0
18:4 MOROCITIC	0	0	0	0	0	0	0	0	0
20:4 APACHIDONIC	0.181	0.49	0.4	0.397	0.17	0	0.711	0.978	0
20:5 TIMNODONIC (EPA)	0	0	0	0	0	0	0	0	0
22:6 DOCOSAHEXAENOIC	0.049	0.135	0.129	0.112	0.046	0	0.199	0.253	0
TRANS FAT - g	0.054	0.098	0.115	0.116	0.09	0	0.265	0.346	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.

