



# Egg Minerals

**FACT:** Many additional ingredients are required to substitute for the functionality of eggs in a recipe or formula. Contemporary consumers, however, are turned off by food labels displaying synthetic additives and unfamiliar ingredients.

MINERALS (per 100g)	LIQUID* / FROZEN						DRIED		
	WHOLE EGGS	YOLK	SUGARED YOLK	SALTED YOLK	SALTED WHOLE EGGS	WHITE	WHOLE EGGS	YOLK	STABILIZED WHITE
<b>CALCIUM - mg</b>	62	134	124	113	55	8	244	289	101
<b>IRON - mg</b>	1.74	4.55	3.7	3.4	1.71	0.04	7.2	9.56	0.18
<b>MAGNESIUM - mcg</b>	9	11	10	7	9	11	34	26	82
<b>PHOSPHORUS - mg</b>	193	420	404	414	186	13	629	1040	104
<b>POTASSIUM - mg</b>	135	121	105	111	128	169	540	264	884
<b>SODIUM - mg</b>	128	67	70	3487	3663	169	476	149	1299
<b>ZINC - mg</b>	1.32	3.17	3.06	2.87	1.3	0.07	3.15	7.73	0.13
<b>COPPER - mg</b>	0.053	0	0.012	0.121	0.064	0.032	0.203	0	0.128
<b>MANGANESE - mg</b>	0.032	0.078	0.08	0.065	0.033	0.007	0.058	0.185	0
<b>SELENIUM** - mcg</b>	37.2	56.4	53.5	56.9	30.4	9.2	164.7	139.3	192

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.  
 \*\*Selenium may vary in different areas of the U.S.

