



Egg Vitamins

FACT: Eggs have a high nutrient density because they provide excellent protein and a wide range of vitamins and minerals in proportion to their calorie count.

VITAMINS (per 100g)	LIQUID* / FROZEN						DRIED		
	WHOLE EGGS	YOLK	SUGARED YOLK	SALTED YOLK	SALTED WHOLE EGGS	WHITE	WHOLE EGGS	YOLK	STABILIZED WHITE
NIACIN - mg	0.103	0.031	0.037	0.027	0.077	0.093	0.34	0.083	0.773
RIBOFLAVIN - mg	0.523	0.563	0.523	0.427	0.443	0.423	1.977	1.257	3.710
B12 - mcg	1	1.9	1.64	1.61	1.21	0.03	2.96	5.11	0.20
PANTOTHENIC ACID - mg	1.57	3.437	3.287	3.167	1.26	0.147	5.55	9.063	0.67
VITAMIN A - IU	570	1469	1103	1043	497	0	999	1590	0
THIAMIN - mg	0.067	0.223	0.14	0.14	0.06	0.023	0.183	0.387	0
PYRIDOXINE (B6) - mg	0.188	0.412	0.398	0.402	0.226	0.005	0.499	0.742	0.032
FOLATE - mcg	87	151	174	112	69	10	119	209	0
VITAMIN E (alpha-tocopherol) - mg	0.72	2.24	2.25	2.28	0.8	0	3.88	4.81	0
VITAMIN D - IU	105	238	123	126	61	0	331	417	0
LUTEIN + ZEAXANTHIN - mcg	471	904	967	712	417	20	835	1133	20

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.