

Egg-Land's Best Eggs

Serving Size: 1 egg (50g)

Servings Per Container: 12

Ingredients: Eggs

Amount Per Serving

Calories 70

Calories from Fat 35

	% Daily Value
Total Fat 4g	6%
Saturated Fat 1g	6%
Trans Fat 0g	0%
Cholesterol 180mg	60%
Sodium 65mg	2%
Total Carbohydrate 1g	0%
Protein 6g	13%
Vitamin A 6%	Vitamin C 0%
Calcium 2%	Iron 4%
Vitamin E 25%	Thiamin 24%
Riboflavin 15%	Vitamin B6 4%
Folate 6%	Vitamin B12 8%
Phosphorus 8%	Iodine 40%
Zinc 4%	

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrates		300mg	375mg
Dietary Fiber		25g	30g
Calories per gram			
Fat 9	Carbohydrate 4	Protein 4	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.