



EGG, CHICKEN, WHOLE, FRESH/FROZEN, RAW		100 g
PROTEIN	G	11,80000
FAT (TOTAL LIPIDS)	G	10,00000
CARBOHYDRATE, TOTAL (BY DIFFERENCE)	G	1,90000
ENERGY (KILOCALORIES)	KCAL	141,00000
ENERGY (KILOJOULES)	KJ	589,00000
FIBRE, TOTAL DIETARY	G	0,00000
FIBRE, INSOLUBLE DIETARY FIBRE	G	0,00000
CALCIUM	MG	44,80000
IRON	MG	1,40000
MAGNESIUM	MG	8,70000
PHOSPHORUS	MG	126,00000
POTASSIUM	MG	114,00000
SODIUM	MG	125,00000
ZINC	MG	1,20000
COPPER	MG	0,06000
MANGANESE	MG	0,05000
SELENIUM	MCG	34,20000
VITAMIN C	MG	0,00000
THIAMIN	MG	0,07000
RIBOFLAVIN	MG	0,50000
NIACIN (NICOTINIC ACID) PREFORMED	MG	0,12000
TOTAL NIACIN EQUIVALENT	NE	3,07000
PANTOTHENIC ACID	MG	2,40000
VITAMIN B-6	MG	0,07000
FOLATE	MCG	72,30000
VITAMIN B-12	MCG	1,90000
VITAMIN A (INTERNATIONAL UNITS)	IU	637,00000
VITAMIN A (RETINOL EQUIVALENTS)	RE	191,00000
VITAMIN D (INTERNATIONAL UNITS)	IU	57,60000
VITAMIN D (MICROGRAMS)	MCG	1,44000
ALPHA-TOCOPHEROL EQUIVALENTS (TOTAL ACTIVITY)	MG	2,45000
ALPHA-TOCOPHEROL	MG	2,44000
VITAMIN E	IU	3,60000
TRYPTOPHAN	G	0,20000
THREONINE	G	0,56000
ISOLEUCINE	G	0,65000
LEUCINE	G	1,07000
LYSINE	G	0,90000
METHIONINE	G	0,39000
CYSTINE	G	0,28000
PHENYLALANINE	G	0,69000
TYROSINE	G	0,50000
VALINE	G	0,81000
ARGININE	G	0,78000
HISTIDINE	G	0,30000
ALANINE	G	0,71000
ASPARTIC ACID	G	1,26000
GLUTAMIC ACID	G	1,63000
GLYCINE	G	0,41000
PROLINE	G	0,48000
SERINE	G	0,93000
CHOLESTEROL	MG	366,00000



FATTY ACIDS, SATURATED, TOTAL	G	3,04000
FATTY ACIDS, MONOUNSATURATED, TOTAL	G	4,13000
FATTY ACIDS, POLYUNSATURATED, TOTAL	G	1,43000
FATTY ACIDS, TRANS, TOTAL	G	0,07000
FATTY ACIDS, SATURATED, 8:0, OCTANOIC	G	0,00000
FATTY ACIDS, SATURATED, 10:0, DECAHOIC	G	0,00000
FATTY ACIDS, SATURATED, 12:0, DODECAHOIC	G	0,00000
FATTY ACIDS, SATURATED, 14:0, TETRADECAHOIC	G	0,03000
FATTY ACIDS, SATURATED, 16:0, HEXADECAHOIC	G	2,22000
FATTY ACIDS, SATURATED, 18:0, OCTADECANOIC	G	0,76000
FATTY ACIDS, SATURATED, 15:0, PENTADECANOIC	G	0,01000
FATTY ACIDS, SATURATED, 17:0, HEPTADECANOIC	G	0,02000
FATTY ACIDS, SATURATED, 20:0, EICOSANOIC	G	0,00000
FATTY ACIDS, SATURATED, 22:0, DOCOSANOIC	G	0,00000
FATTY ACIDS, SATURATED, 24:0, TETRACOSANOIC	G	0,00000
FATTY ACIDS, MONOUNSATURATED, 14:1, TETRADECENOIC	G	0,01000
FATTY ACIDS, MONOUNSATURATED, 16:1, HEXADECENOIC	G	0,32000
FATTY ACIDS, MONOUNSATURATED, 18:1, OCTADECENOIC	G	3,77000
FATTY ACIDS, MONOUNSATURATED, 20:1, EICOSENOIC	G	0,02000
FATTY ACIDS, MONOUNSATURATED, 22:1, DOCOSAENOIC	G	0,00000
FATTY ACIDS, POLYUNSATURATED, 18:2, LINOLEIC	G	1,08000
FATTY ACIDS, POLYUNSATURATED, 18:3, LINOLENIC	G	0,01000
FATTY ACIDS, POLYUNSATURATED, 20:4, ARACHIDONIC	G	0,16000
FATTY ACIDS, POLYUNSATURATED, 20:5, EICOSAPENTAENO	G	0,00000
FATTY ACIDS, POLYUNSATURATED, 22:6, DOCOSAHEXAENO	G	0,07000
ALCOHOL	G	0,00000
CAFFEINE	MG	0,00000
ASPARTAME	MG	0,00000
FOLIC ACID	MCG	0,00000
MOISTURE	G	76,30000
ASH, TOTAL	G	1,00000
PECTIN	G	0,00000
CRUDE FIBRE	G	0,00000