

Nutrient Content of One Large Egg

whole, raw, fresh ^{1,2}

	Nutrient	Whole Egg	White	Yolk
Macronutrients & Energy	Calories	72	16	54
	Protein (g)	6.3	3.6	2.7
	Carbohydrate (g)	0.4	0.2	0.6
	Total Fat (g)	5.0	0	4.5
	Polyunsaturated Fat (g)	0.7	0	0.7
	Monounsaturated Fat (g)	1.9	0	2.0
	Saturated Fat (g)	1.6	0	1.6
	<i>Trans</i> Fat (g) ³	0.05	0	0.05
	Cholesterol (mg)	212	0	210
Vitamins	Vitamin A (IU)	244	0	245
	Vitamin D (IU)	18	0	18
	Vitamin E (mg)	0.48	0	0.44
	Vitamin B6 (mg)	0.07	0	0.06
	Vitamin B12 (µg)	0.65	0.03	0.33
	Folate (mcg)	24	1	25
	Thiamin (mg)	0.04	0	0.03
	Riboflavin (mg)	0.24	0.15	0.09
	Choline (mg)	126	0	116
	Minerals	Calcium (mg)	26	2
Sodium (mg)		70	55	8
Potassium (mg)		67	54	19
Phosphorus (mg)		96	5	66
Magnesium (mg)		6	4	1
Iron (mg)		0.92	0.03	0.46
Zinc (mg)		0.56	0.01	0.39
Selenium (µg)		15.8	6.6	9.5
	Lutein & Zeaxanthin (µg)	166	0	186

¹U.S. Department of Agriculture, Agricultural Research Service. 2005. USDA National Nutrient Database for Standard Reference, Release 20. Nutrient Data Laboratory Home Page: <http://www.ars.usda.gov/nutrientdata>

²Discrepancies between nutrient levels in the white+yolk vs. the whole egg are due to sampling error.

³Sadler, Strain, and Caballero, (1999). *Encyclopedia of Human Nutrition*. San Diego: Academic Press.