

Nutrient Content of One Large Egg

raw, fresh^{1,2}

Nutrient		Whole Egg	Egg White	Egg Yolk
Energy	calories	72	17	55
Protein	grams	6.3	3.6	2.7
Carbohydrate	grams	0.4	0.2	0.6
Total Fat	grams	4.8	0	4.5
Monounsaturated Fat	grams	1.8	0	2
Polyunsaturated Fat	grams	1	0	0.7
Saturated Fat	grams	1.6	0	1.6
Trans Fat	grams	0	0	0
Cholesterol	micrograms	186	0	184
Choline	milligrams	126	0.4	116
Riboflavin	milligrams	0.2	0.2	0.1
Vitamin B12	micrograms	0.5	0	0.3
Folate	micrograms	24	1	25
Vitamin D	IU	41	0	37
Vitamin A	IU	270	0	245
Vitamin B6	milligrams	0.1	0	0.1
Thiamin	milligrams	0	0	0
Vitamin E	milligrams	0.5	0	0.4
Selenium	micrograms	15.4	6.6	9.5
Phosphorus	milligrams	99	5	66
Iron	milligrams	0.9	0	0.5
Zinc	milligrams	0.7	0	0.4
Calcium	milligrams	28	2	22
Sodium	milligrams	71	55	8
Potassium	milligrams	69	54	19
Magnesium	milligrams	6	4	1

¹U.S. Department of Agriculture, Agricultural Research Service, 2010. USDA National Nutrient Database for Standard Reference, Release 23, 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.

Egg Nutrition Center



eggnutritioncenter.org



Nutrient Content