

Nutrition Facts

Serving Size: 1 egg (9g)

Amount Per Serving

Calories 14 **Calories from Fat** 9

% Daily Value*

Total Fat 1 g **2%**

Saturated Fat 0.32 g **2%**

Trans Fat

Cholesterol 75.96 mg **25%**

Sodium 12.69 mg **1%**

Potassium 11.88 mg **0%**

Total Carbohydrate 0.04 g **0%**

Dietary Fiber 0 g **0%**

Sugars 0.04 g

Sugar Alcohols

Protein 1.17 g

Vitamin A 48.87 IU 1%

Vitamin C 0 mg 0%

Calcium 5.76 mg 1%

Iron 0.33 mg 2%