

# EggSense Nutritional Facts

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Serving Size 1 egg (50 g)

Servings 12

## Amount Per Serving

**Calories** 70 Calories from Fat 40

## % Daily Value\*

<b>Total Fat</b>	4.5g		<b>8%</b>
Sat. Fat 1.0g		<b>8%</b>	
Trans Fat 0g			
Cholesterol 215 mg		79%	
Sodium 65 mg		3%	
Total Carbohydrate 1.0g		0%	
<b>Protein</b>	6g		<b>15%</b>
Vitamin A 6%		Vitamin C 0%	
Calcium 2%		Iron 4%	
Thiamine 20%		Riboflavin 15%	
Vitamin B-5 4%		Folate 6%	
Vitamin B-12 8%		Phosphorus 8%	
Zinc 4%			

Not a significant source of Dietary Fiber or Sugars

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