

Eggs - Large, Grade A

Nutrition Facts			
Serving Size: 1 egg			
Servings Per Container: 12			
Amount per Serving			
Calories 70		Calories from Fat 40	
% Daily Value *			
Total Fat	4.5g	7%	
Saturated Fat	1.5g	8%	
<i>Trans Fat</i>	0g		
Cholesterol	215 mg	71%	
Sodium	65 mg	3%	
Total Carbohydrates	<1g	0%	
Protein	6g	10%	
Vitamin A 6%		Vitamin C 0%	
Calcium 2%		Iron 4%	
* Percent Daily Values are based on 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			
		Calories	2,000
			2,500
Total Fat	less than	65 g	80 g
Sat. Fat	less than	20 g	25 g
Cholesterol	less than	300 mg	300 mg
Sodium	less than	2,400 mg	2,400 mg
Total Carbohydrates		300 g	375 g
Dietary Fiber		25 g	30 g