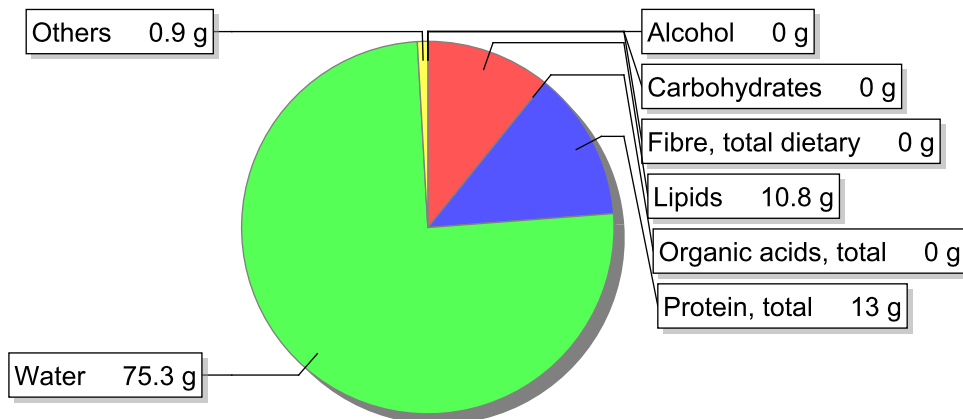


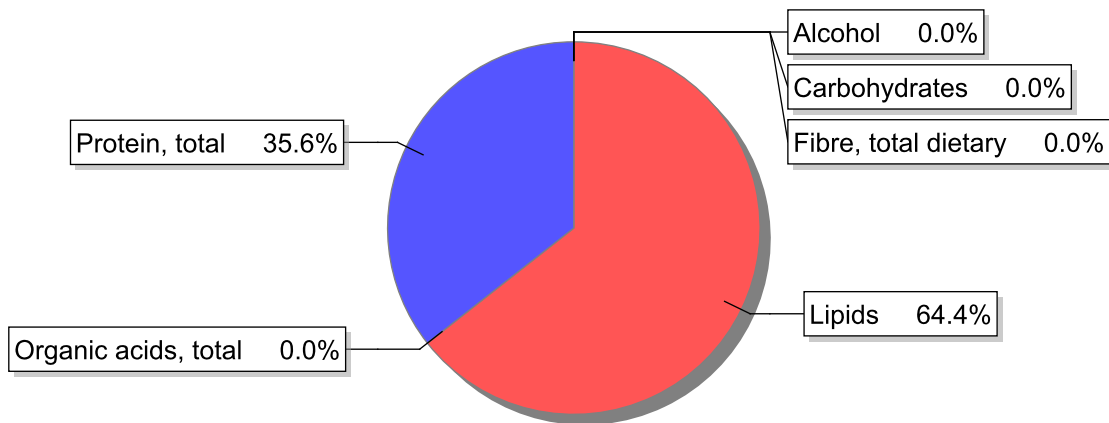
Food

Name: Eggs, chicken, raw
Group: Eggs
Subgroup:
Edible Part: 88%
Code: IS083
FoodEX2 Code: A031G

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
Energy value			
energy kcal, total metabolisable	149	kcal	
energy kJ, total metabolisable	621	kJ	
Macro nutrients			
Lipids		g	
fatty acids, total saturated	2.7	g	1135
fatty acids, total monounsaturated	3.9	g	
fatty acids, total polyunsaturated	2.1	g	1135
fatty acid 18:2 n-6 cis,cis	1.9	g	

Name	Value	Unit	Source(s)
fatty acids, total trans	0	g	1135
Carbohydrates		g	
sugars, total	0	g	1135
sucrose	0	g	
lactose	0	g	
oligosaccharides, available	0	g	
starch, total	0	g	
salt	0.4	g	
fibre, total dietary	0	g	57
protein, total	13	g	1135
alcohol	0	g	57
water	75.3	g	1135
organic acids, total	0	g	
cholesterol	408	mg	57
Vitamins			
vitamin A; retinol equiv from retinol and carotenoid activities	190	µg	57
carotene, total (vitamin A precursors)	0	µg	57
vitamin D	1.7	µg	57
alpha-tocopherol	2.3	mg	57
thiamin	0.07	mg	57
riboflavin	0.44	mg	57
niacin, preformed	0.04	mg	57
niacin equivalents, total	3.8	mg	57
niacin equivalents from tryptophan	3.8	mg	57
vitamin B-6, total	0.36	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	57
folate, total	50	µg	57
Minerals			
ash	0.90	g	1135
sodium	140	mg	1135
potassium	130	mg	
calcium	44	mg	
phosphorus	180	mg	
magnesium	11	mg	
iron, total	2.1	mg	
zinc	1.3	mg	

Legend

Code	Name
g	gram
kJ	kilojoule
kcal	kilocalorie
mg	milligram
µg	microgram

References

Id	Reference
57	PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB
1135	Resultados ovo de galinha _Lab_INSA_DAN