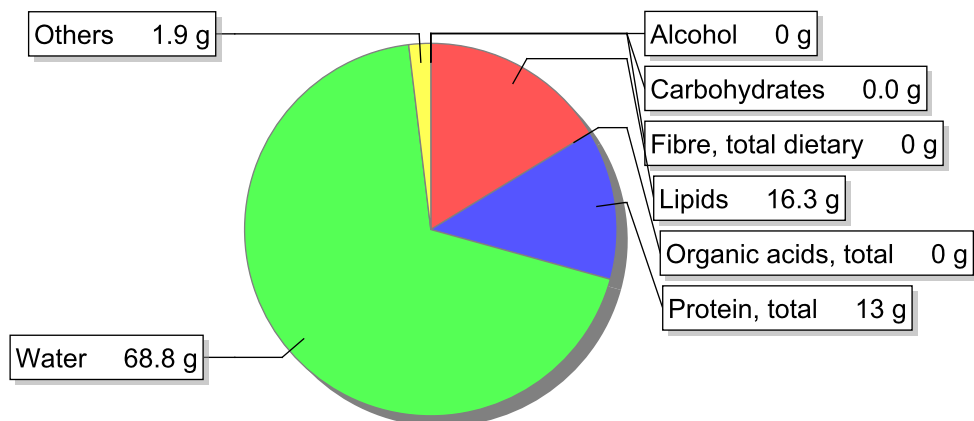


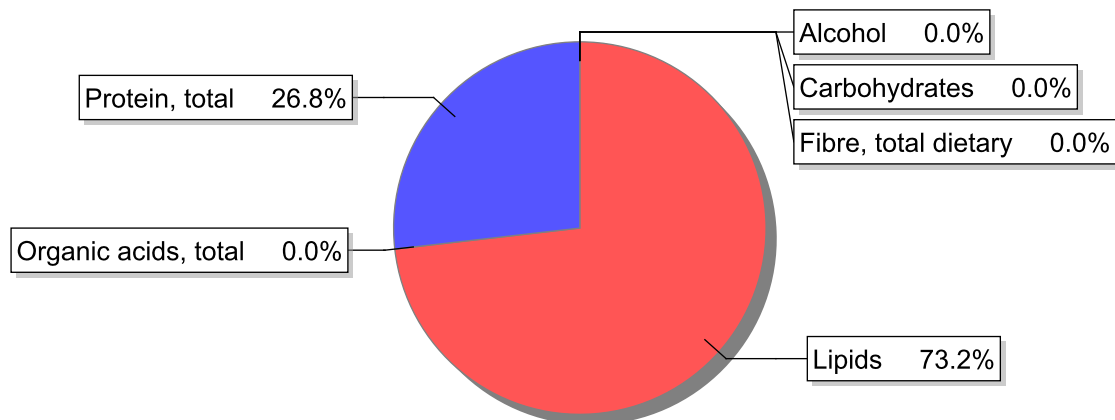
Food

Name: Eggs, omelette with butter
Group: Eggs
Subgroup:
Edible Part: 100%
Code: IS093
FoodEX2 Code: A03YN

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	199	kcal	
energy kJ, total metabolisable	824	kJ	
fatty acids, total saturated	5.8	g	
fatty acids, total monounsaturated	5.2	g	
fatty acids, total polyunsaturated	2.3	g	
fatty acid 18:2 n-6 cis,cis	2.03	g	
fatty acids, total trans	0.2	g	
sugars, total	0.0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0.0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	13	g	
alcohol	0	g	
water	68.8	g	
organic acids, total	0	g	
cholesterol	423	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	228	µg	
carotene, total (vitamin A precursors)	3	µg	
vitamin D	1.6	µg	
alpha-tocopherol	2.43	mg	
thiamin	0.05	mg	
riboflavin	0.31	mg	
niacin, preformed	0.04	mg	
niacin equivalents, total	3.8	mg	
niacin equivalents from tryptophan	3.8	mg	
vitamin B-6, total	0.32	mg	
vitamin B-12	0.95	µg	
vitamin C	0	mg	
folate, total	35	µg	
ash	1.85	g	
sodium	530	mg	
potassium	130	mg	
calcium	45	mg	
phosphorus	180	mg	
magnesium	14	mg	
iron, total	2.1	mg	
zinc	1.3	mg	

Legend

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

References