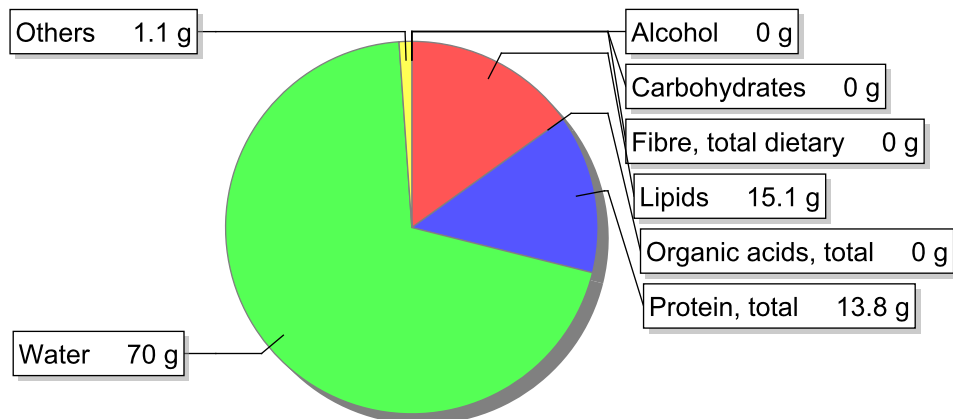


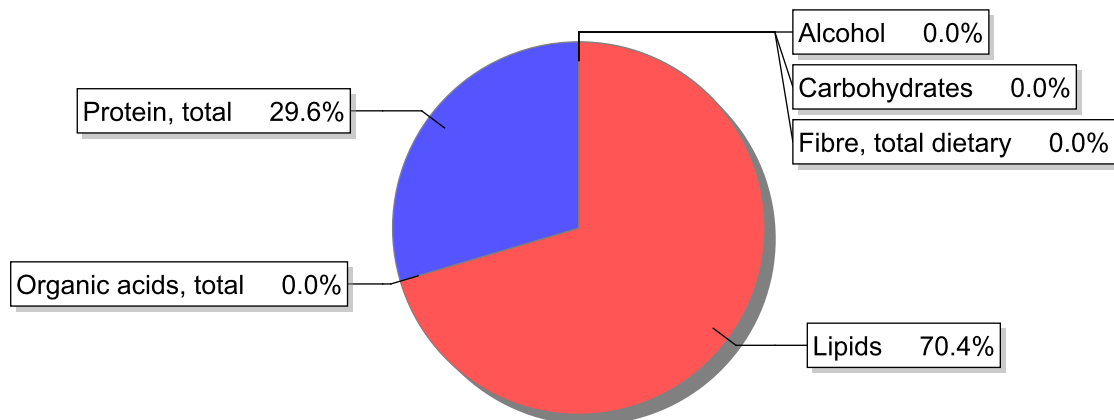
Food

Name: Eggs, chicken, fried in olive oil
Group: Eggs
Subgroup:
Edible Part: 100%
Code: IS090
FoodEX2 Code: A032C

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	191	kcal	
energy kJ, total metabolisable	793	kJ	
fatty acids, total saturated	3.4	g	
fatty acids, total monounsaturated	7	g	
fatty acids, total polyunsaturated	2.5	g	
fatty acid 18:2 n-6 cis,cis	2.24	g	
fatty acids, total trans	0	g	
sugars, total	0	g	
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
salt	0.6	g	
fibre, total dietary	0	g	
protein, total	13.8	g	
alcohol	0	g	
water	70	g	
organic acids, total	0	g	
cholesterol	433	mg	
vitamin A; retinol equiv from retinol and carotenoid activities	202	µg	
carotene, total (vitamin A precursors)	0	µg	
vitamin D	1.6	µg	
alpha-tocopherol	2.95	mg	
thiamin	0.05	mg	
riboflavin	0.33	mg	
niacin, preformed	0.04	mg	
niacin equivalents, total	4.03	mg	
niacin equivalents from tryptophan	4.03	mg	
vitamin B-6, total	0.34	mg	
vitamin B-12	1	µg	
vitamin C	0	mg	
folate, total	37	µg	
ash	1.13	g	
sodium	220	mg	
potassium	140	mg	
calcium	47	mg	
phosphorus	190	mg	
magnesium	12	mg	
iron, total	2.2	mg	
zinc	1.4	mg	

Legend

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

References