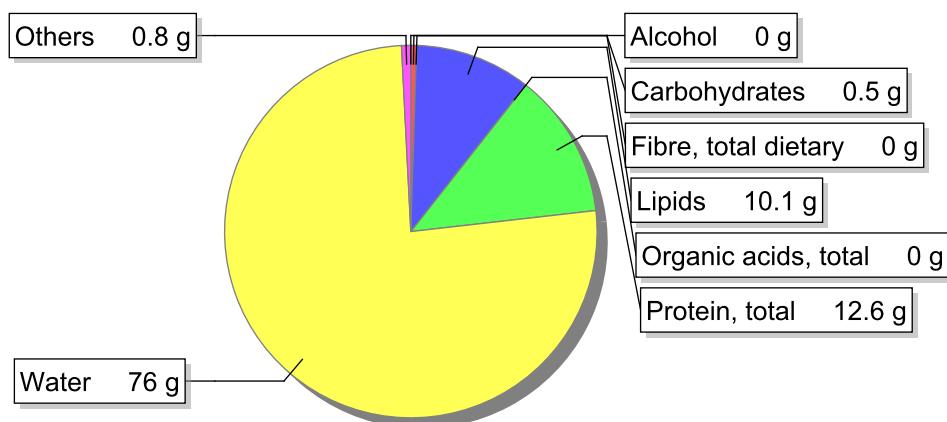


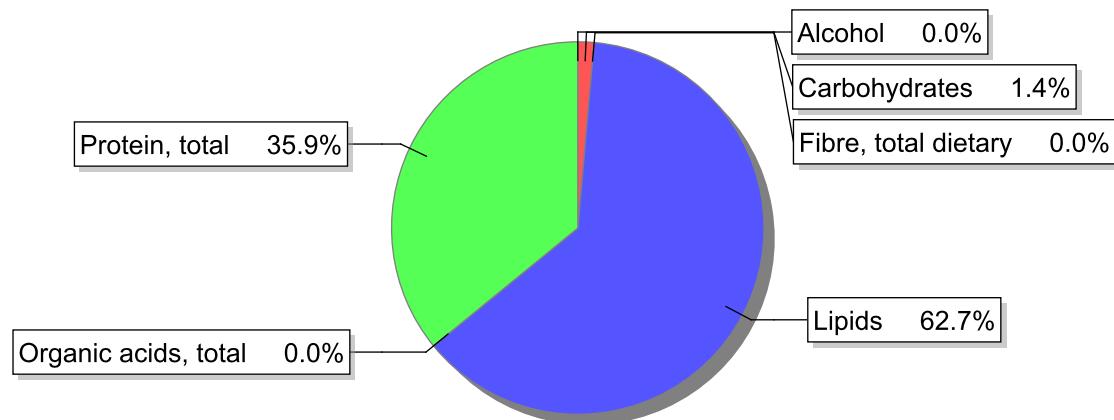
Food

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 kcal, total metabolisable	143	kcal	
energy kJ, total metabolisable	596	kJ	
fatty acids, total saturated	2.7	g	1135
fatty acids, total monounsaturated	4.2	g	1135
fatty acids, total polyunsaturated	1.6	g	1135
fatty acid 18:2 n-6 cis,cis	1.9	g	
fatty acids, total trans	0	g	1135
sugars, total	0.5	g	1135
sucrose	0	g	

Name	Value	Unit	Source(s)
lactose	0	g	
oligosaccharides, available	0	g	
fibre, total dietary	0	g	
protein, total	12.6	g	1135
alcohol	0	g	57
water	76	g	1135
organic acids, total	0	g	
cholesterol	408	mg	57
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
ash	0.87	g	1135
sodium	0.8	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