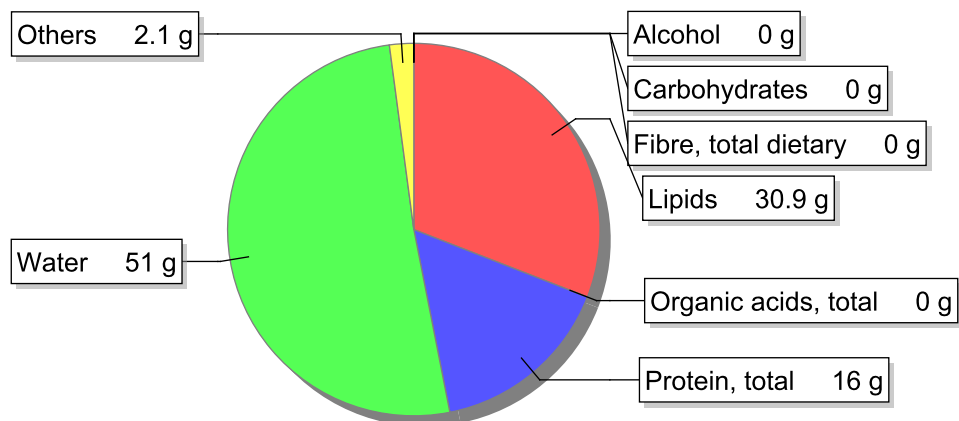


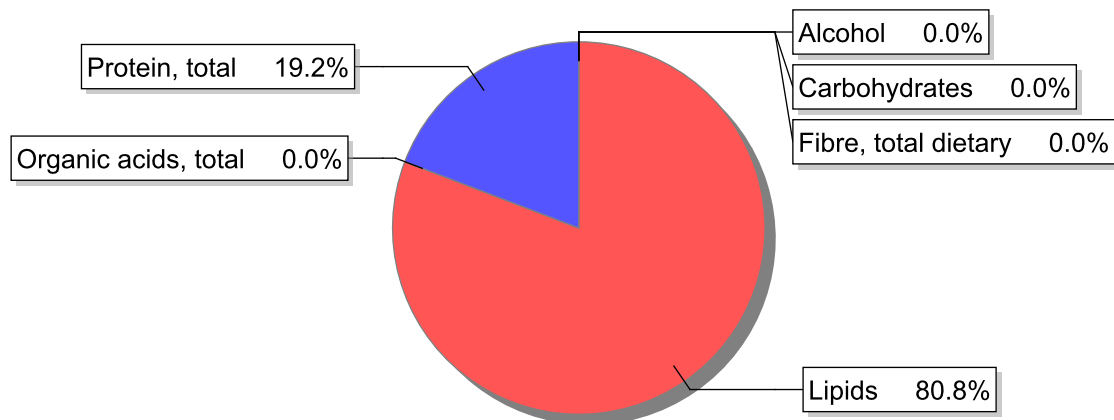
Food

Name: Chicken egg yolk, raw
Group: Eggs
Subgroup:
Edible Part: 100%
Code: IS084
FoodEX2 Code: A031S

Composition [g/100g]



Energy



Nutritive content per 100g edible portion

| Name | Value | Unit | Source(s) |
|------------------------------------|-------|------|-----------|
| energy kcal, total metabolisable | 342 | kcal | |
| energy kJ, total metabolisable | 1420 | kJ | |
| fatty acids, total saturated | 8.3 | g | |
| fatty acids, total monounsaturated | 11.7 | g | |
| fatty acids, total polyunsaturated | 4.6 | g | |
| fatty acid 18:2 n-6 cis,cis | 3.9 | g | |
| fatty acids, total trans | 0.1 | g | |
| sugars, total | 0 | g | 57 |
| sucrose | 0 | g | |

| Name | Value | Unit | Source(s) |
|--|-------|------|-----------|
| lactose | 0 | g | |
| oligosaccharides, available | 0 | g | |
| fibre, total dietary | 0 | g | 57 |
| protein, total | 16 | g | 57 |
| alcohol | 0 | g | 57 |
| water | 51 | g | 57 |
| organic acids, total | 0 | g | |
| cholesterol | 1280 | mg | 57 |
| vitamin A; retinol equiv from retinol and carotenoid activities | 500 | µg | 57 |
| carotene, total (vitamin A precursors) | 0 | µg | 57 |
| vitamin D | 4.9 | µg | 57 |
| alpha-tocopherol | 4.6 | mg | 57 |
| thiamin | 0.24 | mg | 57 |
| riboflavin | 0.65 | mg | 57 |
| niacin, preformed | 0.01 | mg | 57 |
| niacin equivalents, total | 4.7 | mg | 57 |
| niacin equivalents from tryptophan | 4.7 | mg | 1 |
| vitamin B-6, total | 0.8 | mg | |
| vitamin B-12 | 2.8 | µg | |
| vitamin C | 0 | mg | 57 |
| folate, total | 130 | µg | 57 |
| ash | 1.70 | g | |
| sodium | 48 | mg | |
| potassium | 90 | mg | |
| calcium | 130 | mg | |
| phosphorus | 480 | mg | |
| magnesium | 11 | mg | |
| iron, total | 5.5 | mg | |
| zinc | 3 | mg | |

Legend

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

References

| Id | Reference |
|----|--|
| 1 | Vasco, E; Dias, A; Bártole, H; Moura, I; Oliveira, L (2007). Updating sunflower oil -tocopherol value for Portuguese Food Composition Database |
| 57 | PIABAD (1993) Programa do Instituto de Alimentação Becel para análise de dietas: programa profissional para computadores pessoais. Lisboa: IAB |