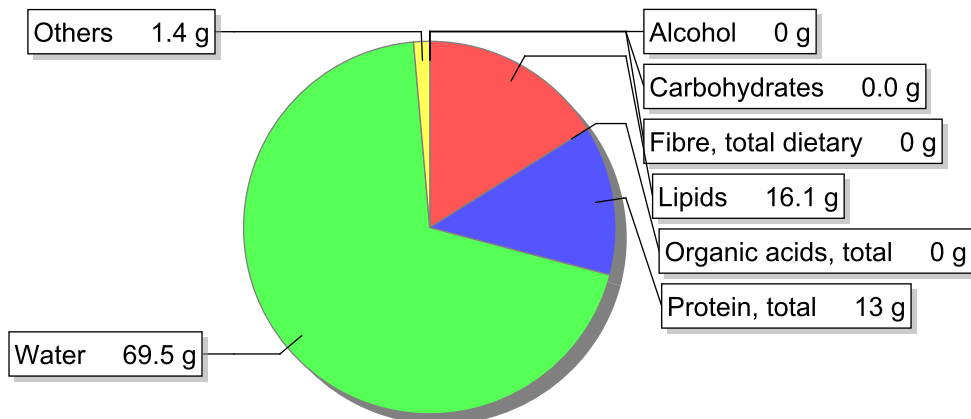


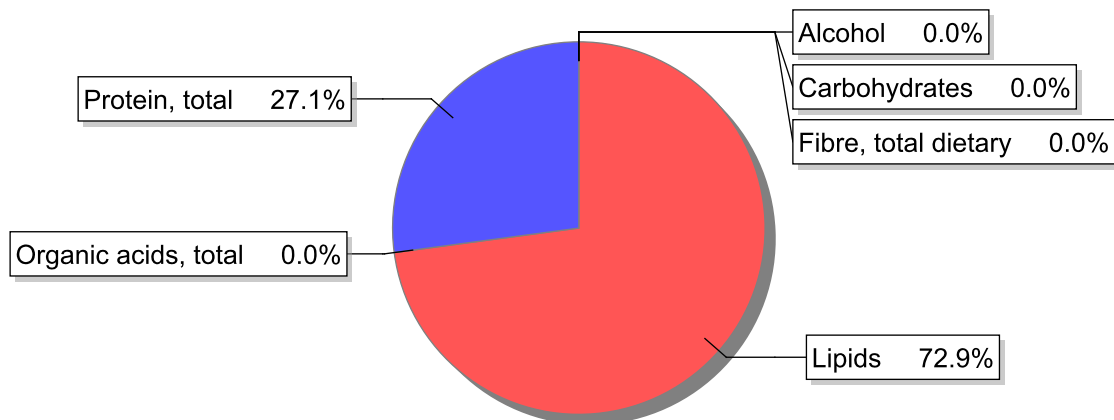
## Food

**Name:** Eggs, chicken, scrambled with butter  
**Group:** Eggs  
**Subgroup:**  
**Edible Part:** 100%  
**Code:** IS091  
**FoodEX2 Code:** A03YJ

## Composition [g/100g]



## Energy



## Nutritive content per 100g edible portion

Name	Value	Unit	Source(s)
energy kcal, total metabolisable	197	kcal	
energy kJ, total metabolisable	817	kJ	
fatty acids, total saturated	5.7	g	
fatty acids, total monounsaturated	5.1	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)
<b>lactose</b>	0.0	g	
<b>salt</b>	0.8	g	
<b>fibre, total dietary</b>	0	g	
<b>protein, total</b>	13	g	
<b>alcohol</b>	0	g	
<b>water</b>	69.5	g	
<b>organic acids, total</b>	0	g	
<b>cholesterol</b>	423	mg	
<b>vitamin A; retinol equiv from retinol and carotenoid activities</b>	226	µg	
<b>carotene, total (vitamin A precursors)</b>	3	µg	
<b>vitamin D</b>	1.6	µg	
<b>alpha-tocopherol</b>	2.43	mg	
<b>thiamin</b>	0.05	mg	
<b>riboflavin</b>	0.31	mg	
<b>niacin, preformed</b>	0.04	mg	
<b>niacin equivalents, total</b>	3.8	mg	
<b>niacin equivalents from tryptophan</b>	3.8	mg	
<b>vitamin B-6, total</b>	0.32	mg	
<b>vitamin B-12</b>	0.95	µg	
<b>vitamin C</b>	0	mg	
<b>folate, total</b>	35	µg	
<b>ash</b>	1.37	g	
<b>sodium</b>	330	mg	
<b>potassium</b>	130	mg	
<b>calcium</b>	45	mg	
<b>phosphorus</b>	180	mg	
<b>magnesium</b>	12	mg	
<b>iron, total</b>	2.1	mg	
<b>zinc</b>	1.3	mg	

## Legend

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

## References