

Jumbo		
Serving Size 1 egg (63g)		
Amount Per Serving		
Calories 90	Calories from Fat 50	
% Daily Value		
Total Fat	5g	8%
Saturated Fat	2g	10%
Trans Fat	0g	0%
Cholesterol	270mg	89%
Sodium	80mg	3%
Total Carb.	1g	0%
Protein	8g	15%
Vitamin A 8% - Vitamin C 0%		
Calcium 4% - Iron 6%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Protein		50g 65g

Extra Large		
Serving Size 1 egg (56g)		
Amount Per Serving		
Calories 80	Calories from Fat 45	
% Daily Value		
Total Fat	5g	8%
Saturated Fat	1.5g	8%
Trans Fat	0g	0%
Cholesterol	240mg	79%
Sodium	70mg	3%
Total Carb.	1g	0%
Protein	7g	15%
Vitamin A 8% - Vitamin C 0%		
Calcium 4% - Iron 6%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Protein		50g 65g

Large		
Serving Size 1 egg (50g)		
Amount Per Serving		
Calories 70	Calories from Fat 40	
% Daily Value		
Total Fat	4.5g	7%
Saturated Fat	1.5g	8%
Trans Fat	0g	0%
Cholesterol	215mg	71%
Sodium	65mg	3%
Total Carb.	1g	0%
Protein	6g	10%
Vitamin A 8% - Vitamin C 0%		
Calcium 4% - Iron 6%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Protein		50g 65g

Medium		
Serving Size 1 egg (44g)		
Amount Per Serving		
Calories 70	Calories from Fat 35	
% Daily Value		
Total Fat	4g	6%
Saturated Fat	1.5g	8%
Trans Fat	0g	0%
Cholesterol	190mg	62%
Sodium	65mg	3%
Total Carb.	1g	0%
Protein	6g	10%
Vitamin A 8% - Vitamin C 0%		
Calcium 4% - Iron 6%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:		
	Calories:	2,000 2,500
Total Fat	Less than	65g 80g
Sat Fat	Less than	20g 25g
Cholesterol	Less than	300mg 300mg
Sodium	Less than	2,400mg 2,400mg
Total Carbohydrate		300g 375g
Protein		50g 65g

Gold Circle Farms Liquid Egg Product		
Serving Size 1/4 Cup (60g)		
Amount Per Serving		
Calories 30	Calories from Fat 0	
% Daily Value		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	230mg	10%
Total Carb.	1g	0%
Protein	6g	
Vitamin A 6% - Vitamin C 0% - Calcium 0% - Iron 4%		
Vitamin D 4% - Vitamin E 4% - Thiamine 4%		
Vitamin B6 4% - Folate 6% - Zinc 4%		
Pantothenic Acid 10% - Magnesium 2%		
* Percent Daily Values are based on a 2,000 calorie diet.		

Horizon Organic Liquid Egg Whites		
Serving Size 3 Tbsp. (46g)		
Amount Per Serving		
Calories 25	Calories from Fat 0	
% Daily Value		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	0%
Cholesterol	0mg	0%
Sodium	75mg	3%
Total Carb.	0g	0%
Protein	5g	10%
Vitamin A 0% - Vitamin C 0%		
Calcium 0% - Iron 0%		
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.		