

# NestFresh

Omega-3 Large 18 count carton

Serving Size 1 egg (50g)			
<b>Amount Per Serving</b>			
<b>Calories</b>	70	<b>Calories from Fat</b>	40
<b>% Daily Value</b>			
<b>Total Fat</b>	4.5g		<b>7%</b>
Saturated Fat	1.5g		<b>8%</b>
Trans Fat	0g		<b>0%</b>
<b>Cholesterol</b>	215mg		<b>71%</b>
<b>Sodium</b>	65mg		<b>3%</b>
<b>Total Carb.</b>	1g		<b>0%</b>
<b>Protein</b>	6g		<b>10%</b>
Vitamin A	6%	-	Vitamin C 0%
Calcium	2%	-	Iron 4%
* 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