

# The Country Hen

Medium Brown 6 Count Carton

<b>Nutrition Facts</b>		* Percent Daily Values are based on a 2,000 calorie diet:	
Serving Size 1 egg (44g)		Calories	2,000 2,500
Servings per Container 6		Total Fat	Less than 65g 80g
<b>Amount Per Serving</b>		Sat fat	Less than 20g 25g
<b>Calories 60</b>	<b>Calories from Fat 35</b>	Cholesterol	Less than 300mg 300mg
<b>% Daily Value*</b>		Sodium	Less than 2,400mg 2,400mg
<b>Total Fat 4g</b>	<b>6%</b>	Potassium	3,500mg 3,500mg
Saturated Fat 1.5g	<b>8%</b>	Total Carbohydrate	300g 375g
<i>Trans</i> Fat 0g		Dietary Fiber	25g 30g
<b>Cholesterol 165mg</b>	<b>55%</b>	Protein	50g 65g
<b>Sodium 60mg</b>	<b>3%</b>	Calories per gram	Fat 9 • Carbohydrate 4 • Protein 4
<b>Total Carbohydrate 0g</b>	<b>0%</b>		
<b>Protein 5.5g</b>	<b>11%</b>		
Vitamin A 4% • Vitamin C 0%			
Calcium 2% • Iron 4%			
Not a significant source of dietary fiber and sugars.			