	Ju	mbo		
Serving Size 1 egg (63g)				
0		- 01		
Amount Per Serving				
Calories 90		Calor	ies from	Fat 50
			% Da	ily Value
Total Fat	5g			8%
Saturated Fat	2g			10%
Trans Fat	0g			0%
Cholesterol	270	Omg		89%
Sodium	108	ng		3%
Total Carb.	1g			0%
Protein	8g			15%
Vitamin A 8%		-	Vitamir	n C 0%
Calcium 4%		-	Iron 6	%
* Not a significant sour	rce of	Dietary	Fiber or Sug	gars.
* Percent Daily Values	are b	ased or	a 2,000 calo	rie diet.
Your daily values may	be hi	gher or I	ower depen	ding on
your calorie needs:				
	Calc	ories:	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)					
A					
Amount Per Serving		Calaa	ies from	F-+ 4F	
Calories 80		Calor	les from	rat 45	
			% Da	ily Value	
Total Fat	5g			8%	
Saturated Fat	1.5	g		8%	
Trans Fat	0g			0%	
Cholesterol	240)mg		79%	
Sodium				3%	
Total Carb.	1g			0%	
Protein	7g			15%	
Vitamin A 8%		-	Vitamir	n C 0%	
Calcium 4%		-	Iron 69	%	
* Not a significant sou	rce of	Dietary	Fiber or Sug	ars.	
* Percent Daily Values	are b	ased on	a 2,000 calc	rie diet.	
Your daily values may	be hig	her or lo	ower depen	ding 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	

arge 50g)						
Calaria						
Calaria						
Calone	es from I	at 40				
	% Da	ily Value				
ig		7%				
ig		8%				
		0%				
5mg		71%				
mg		3%				
		0%				
		10%				
-	Vitamin	C 0%				
-	Iron 69	6				
* Not a significant source of Dietary Fiber or Sugars.						
oased on a	2,000 calo	rie diet.				
Your daily values may be higher or lower depending on						
ories:	2,000	2,500				
s than	65g	80g				
s than	20g	25g				
s than	300mg	300mg				
s than	2,400mg	2,400mg				
	300g	375g				
	50g	65g				
	mg f Dietary F based on a gher or lov ories: s than s than s than	- Vitamin - Iron 69 f Dietary Fiber or Sug assed on a 2,000 calo agher or lower depend ories: 2,000 s than 65g s than 300mg				

	Me	dium				
Serving Size 1 egg (44g)						
Amount Per Serving						
Calories 70		Calori	es from	Fat 35		
			% Da	ily Value		
Total Fat	4g			6%		
Saturated Fat	1.58	5		8%		
Trans Fat	0g			0%		
Cholesterol	190	mg		62%		
Sodium	65m	ng		3%		
Total Carb.	1g			0%		
Protein	6g			10%		
\(`\\`_\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\ \\			\ (') '	6 00/		
Vitamin A 8%		-	Vitamir	1 C U%		
Calcium 4%		-	Iron 6	%		
* Not a significant source of Dietary Fiber or Sugars.						
* Percent Daily Values	are ba	sed on	a 2,000 calc	rie diet.		
Your daily values may be higher or lower depending on						
your calorie needs:						
	Calo	ries:	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	Calor	ies from Fat 0
		% Daily Value
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
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.

* Not a significant source of Dietary Fiber or Sugars.

Horizon Organic Liquid Egg Whites				
Serving Size 3 Tbsp. (46g)				
American Designation				
Amount Per Serving				
Calories 25		Calories from Fat	0	
		% Daily Va	alue	
Total Fat	0g		0%	
Saturated Fat	0g		0%	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium	75m	g	3%	
Total Carb.	0g		0%	
Protein	5g	1	.0%	
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.	_			

* Not a significant source of Dietary Fiber or Sugars.

Hard Boiled Eggs					
Serving Size 1 eg	Serving Size 1 egg (44g)				
America Des Comisso					
Amount Per Serving Calories 70	Calan	ies from	F-+ 2F		
Calories 70	Calor	ies from	rat 35		
		% Da	ily Value		
Total Fat	4g		6%		
Saturated Fat	1.5g		8%		
Trans Fat	0g		0%		
Cholesterol	190mg		62%		
Sodium	110mg 5 %				
Total Carb.	Less than 1g 0%				
Protein	6g		10%		
Vitamin A 6%	-	Vitamir	n C 0%		
Calcium 2%	-	Iron 49	%		
* Percent Daily Values	are based on	a 2,000 calc	rie diet.		
Your daily values may	be higher or l	ower depen	ding on		
your calorie needs:					
	Calories:	2,000	2,500		
* Not a significant source of Dietary Fiber or Sugars.					
Total Fat	Less than	65g	80g		
Sat Fat	Less than	20g	25g		
Cholesterol	Less than	300mg			
Sodium	Less than	, 0	2,400mg		
Total Carbohydrate		300g	375g		
Protein		50g	65g		