The Country Hen

Large Brown 6 Count Carton

Nutrition Facts

Serving Size 1 egg (50g)
Servings per Container 6

Amount Per Serving

Calories 70 Calories from Fat 45

	% Daily Value*
Total Fat 5g	**8%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 185mg	**62%**
Sodium 70mg	**3%**
Total Carbohydrate 0g	**0%**
Protein 6g	**12%**

Vitamin A 6% • Vitamin C 0%
Calcium 2% • Iron 4%

Not a significant source of dietary fiber and sugars.

* Percent Daily Values are based on a 2,000 calorie diet:

	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
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Calories per gram
Fat 9 • Carbohydrate 4 • Protein 4