

These nutrition facts are in the marketplace. Check with your local regulator to ensure compliance with state and federal regulation.

Nutrition Facts	
Serving Size 1 medium egg (44g)	
Servings Per Container 12	
Amount Per Serving	
Calories 65	Calories from Fat 39
% Daily Value*	
Total Fat 4.4g	7%
Saturated Fat 1.4g	7%
Trans Fat 0	
Cholesterol 186.1mg	62%
Sodium 61.6mg	3%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5.5g	10%
Vitamin A 4% • Vitamin C 0%	
Calcium 2% • Iron 4%	

Not a significant source of Dietary Fiber or Sugars.

*Percent Daily Values (DV) 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	65g	80g
Sat. Fat	Less than 20g	20g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	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

Nutrition Facts	
Serving Size 1 medium egg (44g)	
Servings Per Container 12	
Amount Per Serving	
Calories 65	Calories from Fat 39
% Daily Value*	
Total Fat 4.4g	7%
Saturated Fat 1.4g	7%
Trans Fat 0	
Cholesterol 186.1mg	62%
Sodium 61.6mg	3%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5.5g	10%
Vitamin A 4% • Vitamin C 0%	
Calcium 2% • Iron 4%	

Not a significant source of Dietary Fiber or Sugars.

*Percent Daily Values (DV) 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	65g	80g
Sat. Fat	Less than 20g	20g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	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

Nutrition Facts	
Serving Size 1 medium egg (44g)	
Servings Per Container 12	
Amount Per Serving	
Calories 65	Calories from Fat 39
% Daily Value*	
Total Fat 4.4g	7%
Saturated Fat 1.4g	7%
Trans Fat 0	
Cholesterol 186.1mg	62%
Sodium 61.6mg	3%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5.5g	10%
Vitamin A 4% • Vitamin C 0%	
Calcium 2% • Iron 4%	

Not a significant source of Dietary Fiber or Sugars.

*Percent Daily Values (DV) 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	65g	80g
Sat. Fat	Less than 20g	20g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	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

Nutrition Facts	
Serving Size 1 medium egg (44g)	
Servings Per Container 12	
Amount Per Serving	
Calories 65	Calories from Fat 39
% Daily Value*	
Total Fat 4.4g	7%
Saturated Fat 1.4g	7%
Trans Fat 0	
Cholesterol 186.1mg	62%
Sodium 61.6mg	3%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5.5g	10%
Vitamin A 4% • Vitamin C 0%	
Calcium 2% • Iron 4%	

Not a significant source of Dietary Fiber or Sugars.

*Percent Daily Values (DV) 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	65g	80g
Sat. Fat	Less than 20g	20g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	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

Nutrition Facts	
Serving Size 1 medium egg (44g)	
Servings Per Container 12	
Amount Per Serving	
Calories 65	Calories from Fat 39
% Daily Value*	
Total Fat 4.4g	7%
Saturated Fat 1.4g	7%
Trans Fat 0	
Cholesterol 186.1mg	62%
Sodium 61.6mg	3%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5.5g	10%
Vitamin A 4% • Vitamin C 0%	
Calcium 2% • Iron 4%	

Not a significant source of Dietary Fiber or Sugars.

*Percent Daily Values (DV) 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	65g	80g
Sat. Fat	Less than 20g	20g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	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

Nutrition Facts	
Serving Size 1 medium egg (44g)	
Servings Per Container 12	
Amount Per Serving	
Calories 65	Calories from Fat 39
% Daily Value*	
Total Fat 4.4g	7%
Saturated Fat 1.4g	7%
Trans Fat 0	
Cholesterol 186.1mg	62%
Sodium 61.6mg	3%
Total Carbohydrate <1g	0%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 5.5g	10%
Vitamin A 4% • Vitamin C 0%	
Calcium 2% • Iron 4%	

Not a significant source of Dietary Fiber or Sugars.

*Percent Daily Values (DV) 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	65g	80g
Sat. Fat	Less than 20g	20g	25g
Cholesterol	Less than 300mg	300mg	300mg
Sodium	Less than 2,400mg	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