

Eggs to Order

Nutrition Facts

Serving Size 2 Eggs (100g)

Servings Per Container 1

Amount Per Serving

Calories 145 **Calories From Fat** 90

		<small>% Daily Value*</small>
Total Fat	10g	15%
Saturated Fat	3g	15%
Trans Fat	<1 g	0%
Cholesterol	417mg	139%
Sodium	138mg	6%
Total Carbohydrate	1g	0%
Dietary Fiber	<1g	0%
Sugars	1g	

Protein 12g

Vitamin A 10% ● Vitamin C 0%

Calcium 5% ● Iron 10%

*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	
Dietary Fiber		25g	30g	

Ingredients: Fresh Eggs; Vegalene Non-Stick Pan Spray (Partially Hydrogenated Soybean Oil, Canola Oil, Sunflower Oil, Lecithin, Natural Flavor, Beta-Carotene).

Allergy Information: Eggs, Soybeans