

Jumbo			
Serving Size 1 egg (63g)			
Amount Per Serving			
Calories 90	Calories from Fat 50		
% Daily Value			
Total Fat	5g	8%	
Saturated Fat	2g	10%	
Trans Fat	0g	0%	
Cholesterol	270mg	89%	
Sodium	80mg	3%	
Total Carb.	1g	0%	
Protein	8g	15%	
Vitamin A 8% - Vitamin C 0%			
Calcium 4% - Iron 6%			
* Not a significant source of Dietary Fiber or Sugars.			
* 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
Protein		50g	65g

Extra Large			
Serving Size 1 egg (56g)			
Amount Per Serving			
Calories 80	Calories from Fat 45		
% Daily Value			
Total Fat	5g	8%	
Saturated Fat	1.5g	8%	
Trans Fat	0g	0%	
Cholesterol	240mg	79%	
Sodium	70mg	3%	
Total Carb.	1g	0%	
Protein	7g	15%	
Vitamin A 8% - Vitamin C 0%			
Calcium 4% - Iron 6%			
* Not a significant source of Dietary Fiber or Sugars.			
* 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
Protein		50g	65g

Large			
Serving Size 1 egg (50g)			
Amount Per Serving			
Calories 70	Calories from Fat 40		
% Daily Value			
Total Fat	4.5g	7%	
Saturated Fat	1.5g	8%	
Trans Fat	0g	0%	
Cholesterol	215mg	71%	
Sodium	65mg	3%	
Total Carb.	1g	0%	
Protein	6g	10%	
Vitamin A 8% - Vitamin C 0%			
Calcium 4% - Iron 6%			
* Not a significant source of Dietary Fiber or Sugars.			
* 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
Protein		50g	65g

Medium			
Serving Size 1 egg (44g)			
Amount Per Serving			
Calories 70	Calories from Fat 35		
% Daily Value			
Total Fat	4g	6%	
Saturated Fat	1.5g	8%	
Trans Fat	0g	0%	
Cholesterol	190mg	62%	
Sodium	65mg	3%	
Total Carb.	1g	0%	
Protein	6g	10%	
Vitamin A 8% - Vitamin C 0%			
Calcium 4% - Iron 6%			
* Not a significant source of Dietary Fiber or Sugars.			
* 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
Protein		50g	65g

Gold Circle Farms Liquid Egg Product			
Serving Size 1/4 Cup (60g)			
Amount Per Serving			
Calories 30	Calories from Fat 0		
% Daily Value			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	230mg	10%	
Total Carb.	1g	0%	
Protein	6g	10%	
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)			
Amount Per Serving			
Calories 25	Calories from Fat 0		
% Daily Value			
Total Fat	0g	0%	
Saturated Fat	0g	0%	
Trans Fat	0g	0%	
Cholesterol	0mg	0%	
Sodium	75mg	3%	
Total Carb.	0g	0%	
Protein	5g	10%	
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 egg (44g)			
Amount Per Serving			
Calories 70	Calories from Fat 35		
% Daily 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% - Vitamin C 0%			
Calcium 2% - Iron 4%			
* 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
* 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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Protein		50g	65g