

Nutrition Facts

Serving size

2 egg halves

Amount Per Serving

Calories

140

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 2.1g **11%**

Trans Fat 0g

Polyunsaturated Fat 1.1g

Monounsaturated Fat 4.3g

Cholesterol 185mg **62%**

Sodium 260mg **11%**

Total Carbohydrate 10g **4%**

Dietary Fiber 2g **7%**

Total Sugars 7g

Includes 6g Added Sugars **12%**

Protein 7g **14%**

Vitamin D 1mcg **4%**

Calcium 29mg **2%**

Iron 0.9mg **4%**

Potassium 185mg **4%**

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.