

National Nutrient Database for Standard Reference

Release 24

[NDL Home](#)
[Foods List](#)
[Ground Beef Calculator](#)
[SR24 Documentation](#)
[Help](#)

Statistics Report

Nutrient data for 01128, Egg, whole, cooked, fried

[Return to Search Results](#)
[Basic Report](#)
[Full Report](#)

Nutrient values and weights are for edible portion

Nutrient	Unit	Value (100g)	Data Points	Std. Error	Min	Max	df	Lower error bound	Upper error bound	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water	g	69.47	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Energy	kcal	196	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Energy	kJ	821	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Protein	g	13.61	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Total lipid (fat)	g	14.84	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Ash	g	1.26	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Carbohydrate, by difference	g	0.83	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fiber, total dietary	g	0.0	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Sugars, total	g	0.40	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Sucrose	g	0.00	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glucose (dextrose)	g	0.40	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fructose	g	0.00	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lactose	g	0.00	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Maltose	g	0.00	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Galactose	g	0.00	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Minerals													
Calcium, Ca	mg	62	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Iron, Fe	mg	1.89	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Magnesium, Mg	mg	13	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Phosphorus, P	mg	215	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Potassium, K	mg	152	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Sodium, Na	mg	207	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Zinc, Zn	mg	1.39	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Copper, Cu	mg	0.078	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Manganese, Mn	mg	0.030	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Selenium, Se	µg	33.1	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fluoride, F	µg	1.2	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamins													
Vitamin C, total ascorbic acid	mg	0.0	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Thiamin	mg	0.044	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Riboflavin	mg	0.495	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Niacin	mg	0.082	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Pantothenic acid	mg	1.660	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-6	mg	0.184	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Folate, total	µg	51	0	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Folic acid	µg	0	0	--	--	--	--	--	--	--	Calculated or	--	01/2003

											imputed		
Folate, food	µg	51	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Folate, DFE	mcg_DFE	51	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Choline, total	mg	317.1	0	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Betaine	mg	0.3	0	--	--	--	--	--	--	--	Calculated or imputed	--	05/2011
Vitamin B-12	µg	0.97	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin B-12, added	µg	0.00	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Vitamin A, RAE	mcg_RAE	219	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Retinol	µg	216	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carotene, beta	µg	35	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Carotene, alpha	µg	0	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Cryptoxanthin, beta	µg	10	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin A, IU	IU	787	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Lycopene	µg	0	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lutein + zeaxanthin	µg	543	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

Vitamin E (alpha-tocopherol)	mg	1.31	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin E, added	mg	0.00	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Tocopherol, beta	mg	0.02	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tocopherol, gamma	mg	0.54	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Tocopherol, delta	mg	0.06	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Vitamin D (D2 + D3)	µg	2.2	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin D3 (cholecalciferol)	µg	2.2	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin D	IU	88	0	--	--	--	--	--	--	--	Calculated or imputed	--	09/2010
Vitamin K (phylloquinone)	µg	5.6	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Lipids													
Fatty acids, total saturated	g	4.323	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
4:0	g	0.004	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
6:0	g	0.000	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
8:0	g	0.004	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
10:0	g	0.006	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010

[illegible]

18:1 undifferentiated	g	5.904	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:1	g	0.029	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:1 undifferentiated	g	0.000	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
24:1 c	g	0.000	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Fatty acids, total polyunsaturated	g	3.251	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:2 undifferentiated	g	2.781	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:3 undifferentiated	g	0.137	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
18:4	g	0.000	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
20:2 n-6 c,c	g	0.019	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:3 undifferentiated	g	0.025	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:4 undifferentiated	g	0.203	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
20:5 n-3 (EPA)	g	0.000	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:4	g	0.014	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:5 n-3 (DPA)	g	0.007	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
22:6 n-3 (DHA)	g	0.063	0	--	--	--	--	--	--	--	Calculated	--	08/2010

[illegible]

Arginine	g	0.887	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Histidine	g	0.335	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Alanine	g	0.795	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Aspartic acid	g	1.438	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glutamic acid	g	1.817	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Glycine	g	0.467	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Proline	g	0.558	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Serine	g	1.051	0	--	--	--	--	--	--	--	Calculated or imputed	--	08/2010
Other													
Alcohol, ethyl	g	0.0	0	--	--	--	--	--	--	--	Calculated or imputed	--	02/2009
Caffeine	mg	0	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003
Theobromine	mg	0	0	--	--	--	--	--	--	--	Calculated or imputed	--	01/2003