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CALPIA Shell Egg

Nutrition Facts

12 servings per container

Serving size 1 egg (50g)

Amount per serving

Calories 70

% Daily Value*

Total Fat 5g 6%

Saturated Fat 1.5g 8%

Trans Fat 0g

Cholesterol 210mg 70%

Sodium 70mg 3%

Total Carbohydrate 0g 0%

Dietary Fiber 0g 0%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 1mcg 6%

Calcium 28mg 2%

Iron 1mg 6%

Potassium 69mg 2%

*The % Daily Value 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.

INGREDIENTS: EGGS.

CONTAINS EGG.

01/28/2020