

# **Ballas Egg Products Corp.**

**40 North Second Street**

**P.O. Box 2217**

**Zanesville, Ohio 43701**

**(740) 453-0386 FAX (740) 453-0491**

## **Frozen Egg – Nutritional Information**

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## Frozen Whole Eggs Nutritional information per 100g \*

Calories	147 kcal
Calories from Fat	90 kcal
Carbohydrate	1.01 g
Sugars, total	0.25 g
Sugar, added	0 g
Protein (N x 6.25)	12.33 g
Ash	0.91 g
Moisture	75.81 g

Total Fat	9.95 g
Saturated Fat	3.38 g
Monounsaturated Fat	3.91 g
Polyunsaturated Fat	1.89 g
Trans Fatty Acids	0.03 g
Cholesterol	372 mg

### MINERALS

Calcium	62 mg
Copper	0.053 mg
Iron	1.74 mg
Magnesium	9 mg
Manganese	0.032 mg
Phosphorus	193 mg
Potassium	132 mg
Sodium	128 mg
Zinc	1.32 mg

### AMINO ACIDS

Alanine	0.720 g
Arginine	0.812 g
Aspartic acid	1.302 g
Cystine	0.288 g
Glutamic acid	1.649 g
Glycine	0.432 g
Histidine	0.322 g
Isoleucine	0.661 g
Leucine	1.110 g
Lysine	0.929 g
Methionine	0.400 g
Phenylalanine	0.675 g
Proline	0.497 g
Serine	0.983 g
Threonine	0.555 g
Tryptophan	0.192 g
Tyrosine	0.535 g
Valine	0.816 g

### VITAMINS

Vitamin A	570 IU
Vitamin B1 – Thiamin	0.067 mg
Vitamin B2 – Riboflavin	0.523 mg
Vitamin B3 – Niacin	0.103 mg
Vitamin B6 – Pyridoxine	0.188 mg
Vitamin B12	1.00 mcg
Folate, total	87 mcg
Pantothenic acid	1.57 mg
Vitamin C	0 mg
Vitamin D	2.6 mcg
Vitamin E	0.72 mg

\* Data from USDA National Nutrient Database for Standard Reference, Release 28

Product code #7150

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## Frozen Salted Whole Eggs Nutritional information per 100g \*

Calories	138 kcal
Calories from Fat	91 kcal
Carbohydrate	0.83 g
Sugars, total	0.07 g
Sugar, added	0 g
Protein (N x 6.25)	10.97 g
Ash	10.30 g
Moisture	67.83 g

Total Fat	10.07 g
Saturated Fat	3.18 g
Monounsaturated Fat	4.00 g
Polyunsaturated Fat	1.63 g
Trans Fatty Acids	0.10 g
Cholesterol	387 mg

### MINERALS

Calcium	55 mg
Copper	0.064 mg
Iron	1.71 mg
Magnesium	9 mg
Manganese	0.033 mg
Phosphorus	186 mg
Potassium	128 mg
Sodium	3663 mg
Zinc	1.30 mg

### AMINO ACIDS

Alanine	0.607 g
Arginine	0.700 g
Aspartic acid	1.113 g
Cystine	0.240 g
Glutamic acid	1.417 g
Glycine	0.363 g
Histidine	0.273 g
Isoleucine	0.560 g
Leucine	0.940 g
Lysine	0.793 g
Methionine	0.303 g
Phenylalanine	0.577 g
Proline	0.420 g
Serine	0.850 g
Threonine	0.483 g
Tryptophan	0.226 g
Tyrosine	0.463 g
Valine	0.673 g

### VITAMINS

Vitamin A	497 IU
Vitamin B1 – Thiamin	0.06 mg
Vitamin B2 – Riboflavin	0.443 mg
Vitamin B3 – Niacin	0.077 mg
Vitamin B6 – Pyridoxine	0.226 mg
Vitamin B12	1.21 mcg
Folate, total	69 mcg
Pantothenic acid	1.26 mg
Vitamin C	0 mg
Vitamin D	1.5 mcg
Vitamin E	0.80 mg

\* Data from USDA National Nutrient Database for Standard Reference, Release 28

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## **Frozen Plain Egg Yolks**

### **Nutritional information per 100g \***

Calories	296 kcal
Calories from Fat	230 kcal
Carbohydrate	0.81 g
Sugars, total	0.16 g
Sugar, added	0 g
Protein (N x 6.25)	15.53 g
Ash	1.62 g
Moisture	56.2 g

Total Fat	25.60 g
Saturated Fat	8.62 g
Monounsaturated Fat	9.96 g
Polyunsaturated Fat	4.83 g
Trans Fatty Acids	0.10 g
Cholesterol	991 mg

#### **MINERALS**

Calcium	134 mg
Copper	0.00 mg
Iron	4.55 mg
Magnesium	11 mg
Manganese	0.078 mg
Phosphorus	420 mg
Potassium	121 mg
Sodium	67 mg
Zinc	3.17 mg

#### **AMINO ACIDS**

Alanine	0.811 g
Arginine	1.091 g
Aspartic acid	1.503 g
Cystine	0.274 g
Glutamic acid	1.942 g
Glycine	0.476 g
Histidine	0.399 g
Isoleucine	0.780 g
Leucine	1.351 g
Lysine	1.182 g
Methionine	0.375 g
Phenylalanine	0.689 g
Proline	0.615 g
Serine	1.301 g
Threonine	0.706 g
Tryptophan	0.223 g
Tyrosine	0.682 g
Valine	0.908 g

#### **VITAMINS**

Vitamin A	1469 IU
Vitamin B1 – Thiamin	0.223 mg
Vitamin B2 – Riboflavin	0.563 mg
Vitamin B3 – Niacin	0.031 mg
Vitamin B6 – Pyridoxine	0.412 mg
Vitamin B12	1.90 mcg
Folate, total	151 mcg
Pantothenic acid	3.437 mg
Vitamin C	0 mg
Vitamin D	6.0 mcg
Vitamin E	2.24 mg

\* Data from USDA National Nutrient Database for Standard Reference, Release 28

Product code #5010

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## **Frozen Salted Egg Yolks** **Nutritional information per 100g \***

Calories	275 kcal
Calories from Fat	206 kcal
Carbohydrate	1.77 g
Sugars, total	0.07 g
Sugar, added	0 g
Protein (N x 6.25)	14.07 g
Ash	10.37 g
Moisture	50.87 g

Total Fat	22.93 g
Saturated Fat	7.16 g
Monounsaturated Fat	9.07 g
Polyunsaturated Fat	3.73 g
Trans Fatty Acids	0.12 g
Cholesterol	912 mg

### **MINERALS**

Calcium	113 mg
Copper	0.121 mg
Iron	3.40 mg
Magnesium	7 mg
Manganese	0.065 mg
Phosphorus	414 mg
Potassium	111 mg
Sodium	3487 mg
Zinc	2.87 mg

### **AMINO ACIDS**

Alanine	0.710 g
Arginine	0.947 g
Aspartic acid	1.333 g
Cystine	0.240 g
Glutamic acid	1.697 g
Glycine	0.420 g
Histidine	0.353 g
Isoleucine	0.697 g
Leucine	1.187 g
Lysine	1.033 g
Methionine	0.320 g
Phenylalanine	0.610 g
Proline	0.550 g
Serine	1.133 g
Threonine	0.620 g
Tryptophan	0.190 g
Tyrosine	0.597 g
Valine	0.793 g

### **VITAMINS**

Vitamin A	1043 IU
Vitamin B1 – Thiamin	0.140 mg
Vitamin B2 – Riboflavin	0.427 mg
Vitamin B3 – Niacin	0.027 mg
Vitamin B6 – Pyridoxine	0.402 mg
Vitamin B12	1.61 mcg
Folate, total	112 mcg
Pantothenic acid	3.167 mg
Vitamin C	0 mg
Vitamin D	3.1 mcg
Vitamin E	2.28 mg

\* Data from USDA National Nutrient Database for Standard Reference, Release 28

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## **Frozen Sugared Egg Yolks** **Nutritional information per 100g \***

Calories	307 kcal
Calories from Fat	205 kcal
Carbohydrate	10.95 g
Sugars, total	10.3 g
Sugar, added	10.0 g
Protein (N x 6.25)	13.87 g
Ash	1.13 g
Moisture	51.23 g

Total Fat	22.82 g
Saturated Fat	7.11 g
Monounsaturated Fat	8.89 g
Polyunsaturated Fat	3.86 g
Trans Fatty Acids	0.12 g
Cholesterol	917 mg

### **MINERALS**

Calcium	124 mg
Copper	0.012 mg
Iron	3.70 mg
Magnesium	10 mg
Manganese	0.08 mg
Phosphorus	404 mg
Potassium	105 mg
Sodium	70 mg
Zinc	3.06 mg

### **AMINO ACIDS**

Alanine	0.703 g
Arginine	0.917 g
Aspartic acid	1.337 g
Cystine	0.227 g
Glutamic acid	1.690 g
Glycine	0.417 g
Histidine	0.353 g
Isoleucine	0.697 g
Leucine	1.180 g
Lysine	1.033 g
Methionine	0.360 g
Phenylalanine	0.607 g
Proline	0.547 g
Serine	1.137 g
Threonine	0.627 g
Tryptophan	0.190 g
Tyrosine	0.507 g
Valine	0.790 g

### **VITAMINS**

Vitamin A	1103 IU
Vitamin B1 – Thiamin	0.140 mg
Vitamin B2 – Riboflavin	0.523 mg
Vitamin B3 – Niacin	0.037 mg
Vitamin B6 – Pyridoxine	0.398 mg
Vitamin B12	1.64 mcg
Folate, total	174 mcg
Pantothenic acid	3.287 mg
Vitamin C	0 mg
Vitamin D	3.1 mcg
Vitamin E	2.25 mg

\* Data from USDA National Nutrient Database for Standard Reference, Release 28

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## **Frozen Egg Whites with Guar Gum** **Nutritional information per 100g \***

Calories	48 kcal
Calories from Fat	0 kcal
Carbohydrate	1.04 g
Sugars, total	0.25 g
Sugar, added	0 g
Protein (N x 6.25)	10.20 g
Ash	0.6 g
Moisture	88.17 g

Total Fat	0 g
Saturated Fat	0 g
Monounsaturated Fat	0 g
Polyunsaturated Fat	0 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

### **MINERALS**

Calcium	8 mg
Copper	0.032 mg
Iron	0.04 mg
Magnesium	11 mg
Manganese	0.007 mg
Phosphorus	13 mg
Potassium	169 mg
Sodium	169 mg
Zinc	0.07 mg

### **AMINO ACIDS**

Alanine	0.658 g
Arginine	0.625 g
Aspartic acid	1.159 g
Cystine	0.288 g
Glutamic acid	1.480 g
Glycine	0.391 g
Histidine	0.263 g
Isoleucine	0.559 g
Leucine	0.936 g
Lysine	0.760 g
Methionine	0.396 g
Phenylalanine	0.658 g
Proline	0.409 g
Serine	0.797 g
Threonine	0.453 g
Tryptophan	0.176 g
Tyrosine	0.446 g
Valine	0.730 g

### **VITAMINS**

Vitamin A	0 IU
Vitamin B1 – Thiamin	0.023 mg
Vitamin B2 – Riboflavin	0.423 mg
Vitamin B3 – Niacin	0.093 mg
Vitamin B6 – Pyridoxine	0.005 mg
Vitamin B12	0.03 mcg
Folate, total	10 mcg
Pantothenic acid	0.147 mg
Vitamin C	0 mg
Vitamin D	0 mcg
Vitamin E	0 mg

\* Data from USDA National Nutrient Database for Standard Reference, Release 28

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## Frozen Egg Whites

### Nutritional information per 100g \*

Calories	48 kcal
Calories from Fat	0 kcal
Carbohydrate	1.04 g
Sugars, total	0.25 g
Sugar, added	0 g
Protein (N x 6.25)	10.20 g
Ash	0.6 g
Moisture	88.17 g

Total Fat	0 g
Saturated Fat	0 g
Monounsaturated Fat	0 g
Polyunsaturated Fat	0 g
Trans Fatty Acids	0 g
Cholesterol	0 mg

#### MINERALS

Calcium	8 mg
Copper	0.032 mg
Iron	0.04 mg
Magnesium	11 mg
Manganese	0.007 mg
Phosphorus	13 mg
Potassium	169 mg
Sodium	169 mg
Zinc	0.07 mg

#### AMINO ACIDS

Alanine	0.658 g
Arginine	0.625 g
Aspartic acid	1.159 g
Cystine	0.288 g
Glutamic acid	1.480 g
Glycine	0.391 g
Histidine	0.263 g
Isoleucine	0.559 g
Leucine	0.936 g
Lysine	0.760 g
Methionine	0.396 g
Phenylalanine	0.658 g
Proline	0.409 g
Serine	0.797 g
Threonine	0.453 g
Tryptophan	0.176 g
Tyrosine	0.446 g
Valine	0.730 g

#### VITAMINS

Vitamin A	0 IU
Vitamin B1 – Thiamin	0.023 mg
Vitamin B2 – Riboflavin	0.423 mg
Vitamin B3 – Niacin	0.093 mg
Vitamin B6 – Pyridoxine	0.005 mg
Vitamin B12	0.03 mcg
Folate, total	10 mcg
Pantothenic acid	0.147 mg
Vitamin C	0 mg
Vitamin D	0 mcg
Vitamin E	0 mg

\* Data from USDA National Nutrient Database for Standard Reference, Release 28

Product code #6030

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