

# Nutrition Facts

Serving Size : 3 Eggs (31g)

Serving Per Container: About 7

**Amount Per Serving**  
**Calories**

**35**

**% Daily Value\***

**Total Fat** 2.5g **4%**

Saturated Fat 1g **5%**

Trans Fat 0g **0%**

**Cholesterol** 25mg **9%**

**Sodium** 180mg **8%**

**Total Carbohydrate** 0g **0%**

Dietary Fiber 0g **0%**

Sugars 0g (Incl. 0g added sugars) **0%**

**Proteins** 3g

Vitamin D 2mcg **10%**

Calcium 0mg **0%**

Iron 4mg **23%**

Potassium 0mg **0%**

\*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.