

Ballas Egg Products Corp.

40 North Second Street

P.O. Box 2217

Zanesville, Ohio 43701

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

Liquid Egg – Nutritional Information

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Liquid 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 #7520 (tanker), #7540 (tote), and #7541 (BIB)

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Liquid 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

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Liquid 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

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Product code #5520

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Liquid 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

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Liquid 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

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Product code #5211 (tote) & #5260 (tanker)

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Liquid 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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