

Egg, Boiled

NUTRITION INFORMATION

Servings per package: 1 x boiled egg

Serving size: 44g

	Average Quantity per Serving	Average Quantity per 100g
ENERGY	257kJ (62Cal)	585kJ (140Cal)
PROTEIN	5.7g	13.0g
FAT, TOTAL	4.3g	9.7g
- SATURATED	1.5g	3.3g
CARBOHYDRATE	less than 1g	less than 1g
- SUGARS	less than 1g	less than 1g
SODIUM	21mg	47mg

Ingredients: **Egg**

Contains Egg.