



<b>NUTRITION INFORMATION</b>			<b>Minerals per 100 mL Egg White</b>		<b>Vitamins per 100 mL Egg White</b>	
Servings per package: 8 Serving size: 63 mL / ¼ cup						
<b>Nutrient</b>	<b>Average Quantity per serving</b>	<b>Average Quantity per 100mL</b>				
Energy	124 kJ	197 kJ	<b>Calcium</b>	<b>10 mg</b>	<b>Vitamin</b>	<b>0 IU</b>
	31 Cal	50 Cal	<b>Chlorine</b>	<b>174 mg</b>	<b>Pyridoxine</b>	<b>0.021 mg</b>
Protein	7.1 g	11.2 g	<b>Iodine</b>	<b>0.003 mg</b>	<b>Vitamin E</b>	<b>0 mg</b>
Fat		0.0 g	<b>Sulphur</b>	<b>163 mg</b>	<b>Biotin</b>	<b>6.8 µg</b>
- Total	0.0 g	0.0 g	<b>Iron</b>	<b>0.14 mg</b>	<b>Choline</b>	<b>1.2 mg</b>
- Saturated	0.0 g		<b>Magnesium</b>	<b>10.8 mg</b>	<b>Inositol</b>	<b>4.0 mg</b>
Carbohydrate			<b>Phosphorus</b>	<b>22 mg</b>	<b>Thiamine</b>	<b>0.011 mg</b>
- Total	0.25 g	0.4 g	<b>Potassium</b>	<b>150 mg</b>	<b>Riboflavine</b>	<b>0.28 mg</b>
- Sugars	0.25 g	0.4 g	<b>Sodium</b>	<b>165 mg</b>	<b>Niacin</b>	<b>0.092 mg</b>
Sodium	110 mg	175 mg	<b>Zinc</b>	<b>0.12 mg</b>	<b>Pantothenic Acid</b>	<b>0.24 mg</b>
			<b>Copper</b>	<b>0.023 mg</b>	<b>Folic Acid</b>	<b>0.016 mcg</b>
			<b>Manganese</b>	<b>0.007 mg</b>		