



Free run (cage-free) chickens

Nutrition Facts	
Valeur nutritive	
Per 1 large egg (53g) / pour 1 gros oeuf (53g)	
Amount Per Serving	% Daily Value
Teneur par portion	% valeur quotidienne
<b>Calories / Calories 70</b>	
<b>Total Fat 4 g</b>	<b>7 %</b>
Saturated / Satures 1 g	<b>6 %</b>
+Trans / 0 g	
Polyunsaturated / polyinsaturés 0.9 g	
Omega-6 0.6 g	
Omega-3 0.3 g (DHA + EPA 1300 mg)	
Monounsaturated / monoinsaturés 1.5 g	
<b>Cholesterol / Cholestérol 190 mg</b>	
<b>Sodium / Sodium 60 mg</b>	<b>2 %</b>
<b>Total Carbohydrate / Glucides 0 g</b>	<b>0 %</b>
Dietary Fibre / Fibres alimentaire 0 g	<b>0 %</b>
Sugars / Sucres 0 g	
<b>Protein / Proteines 8 g</b>	
Vitamin A / Vitamine A	15 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	5 %
Vitamin E / Vitamine E	50 %
Vitamin K / Vitamine K	30 %
Riboflavin / Riboflavine	15 %
Niacin / Niacine	10 %
Folacin / Folacine	15 %
Vitamin B <sub>12</sub> / Vitamine B <sub>12</sub>	30 %
Pantothenate / Pantothénate	15 %
Phosphorus / Phosphore	5 %
Selenium / Sélénium	50 %

DHA Omega-3 .10g (100mg) per 1 large egg (53g)  
 Lutein 1mg (1000µg) per 1 large egg (53g)

NUTRITION INFORMATION