



Food ID: H002
Food name and Description: Egg, chicken, white
Scientific name: *N/A*
Alternate/Common name(s): Itlog, manok, puti
Edible portion: 100%

Proximates (Food Composition per 100g Edible Portion)

Water (g)	84.6
Energy, calculated (kcal)	61
Protein (g)	12.7
Total Fat (g)	0.2
Carbohydrate, total (g)	2
Ash, total (g)	0.5

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.9

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	11
Phosphorus, P (mg)	11
Iron, Fe (mg)	0.6
Sodium, Na (mg)	240

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	0
beta-Carotene (µg)	0
Retinol Activity Equivalent, RAE (µg)	0
Thiamin, Vitamin B1 (mg)	0.01
Riboflavin, Vitamin B2 (mg)	0.21
Niacin (mg)	0.2
Niacin from tryptophan (mg)	2.3
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	0
Fatty acids, monounsaturated, total (g)	0
Fatty acids, polyunsaturated, total(g)	0

Cholesterol (mg)

0