

**Food ID:** H005**Food name and Description:** Egg, chicken, yolk**Scientific name:** *N/A***Alternate/Common name(s):** Itlog, manok, pula**Edible portion:** 100%**Proximates** (Food Composition per 100g Edible Portion)

Water (g)	53.4
Energy, calculated (kcal)	316
Protein (g)	14.3
Total Fat (g)	27
Carbohydrate, total (g)	3.9
Ash, total (g)	1.4

Other Carbohydrate (Food Composition per 100g Edible Portion)

Fiber, total dietary (g)	0
Sugars, total (g)	0.5

Minerals (Food Composition per 100g Edible Portion)

Calcium, Ca (mg)	143
Phosphorus, P (mg)	292
Iron, Fe (mg)	4.6
Sodium, Na (mg)	108

Vitamins (Food Composition per 100g Edible Portion)

Retinol, Vitamin A (µg)	625
beta-Carotene (µg)	120
Retinol Activity Equivalent, RAE (µg)	635
Thiamin, Vitamin B1 (mg)	0.18
Riboflavin, Vitamin B2 (mg)	0.58
Niacin (mg)	0.4
Niacin from tryptophan (mg)	6.9
Ascorbic Acid, Vitamin C (mg)	0

Lipids (Food Composition per 100g Edible Portion)

Fatty acids, saturated, total (g)	9.72
Fatty acids, monounsaturated, total (g)	11.94
Fatty acids, polyunsaturated, total(g)	4.28

