

Ballas Egg Products Corp.

40 North Second Street

P.O. Box 2217

Zanesville, Ohio 43701

(740) 453-0386 FAX (740) 453-0491

Liquid Egg – Nutritional Information

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Liquid Whole Eggs **Nutritional information per 100g ***

Calories	148 kcal
Calories from Fat	92 kcal
Carbohydrate	1.05 g
Protein (N x 6.25)	11.95 g
Ash	0.95 g
Moisture	75.85 g

Total Fat	10.2 g
Saturated Fat	3.15 g
Monounsaturated Fat	3.89 g
Polyunsaturated Fat	1.41 g
Trans Fatty Acids	0 g
Cholesterol	432 mg

MINERALS

Calcium	59 mg
Copper	0.053 mg
Iron	1.85 mg
Magnesium	11 mg
Manganese	0.034 mg
Phosphorus	202 mg
Potassium	130 mg
Sodium	133 mg
Zinc	1.38 mg

AMINO ACIDS

Alanine	0.665 g
Arginine	0.717 g
Aspartic acid	1.201 g
Cystine	0.277 g
Glutamic acid	1.562 g
Glycine	0.402 g
Histidine	0.283 g
Isoleucine	0.652 g
Leucine	1.021 g
Lysine	0.858 g
Methionine	0.373 g
Phenylalanine	0.635 g
Proline	0.476 g
Serine	0.889 g
Threonine	0.574 g
Tryptophan	0.145 g
Tyrosine	0.488 g
Valine	0.728 g

VITAMINS

Vitamin A	525 IU
Vitamin B1 – Thiamin	0.06 mg
Vitamin B2 – Riboflavin	0.46 mg
Vitamin B3 – Niacin	0.075 mg
Vitamin B6 – Pyridoxine	0.162 mg
Vitamin B12	1.07 mcg
Folic Acid	73 mcg
Pantothenic acid	1.48 mg

* Data from Agricultural Research Service, USDA

Product code #7520 (tanker) & #7540 (tote)

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Liquid Egg Whites

Nutritional information per 100g *

Calories	47 kcal
Calories from Fat	0 kcal
Carbohydrate	1.05 g
Protein (N x 6.25)	9.8 g
Ash	0.6 g
Moisture	88.55 g

Total Fat	0 g
Cholesterol	0 mg

MINERALS

Calcium	7 mg
Copper	0.012 mg
Iron	0.05 mg
Magnesium	10 mg
Manganese	0.007 mg
Phosphorus	13 mg
Potassium	136 mg
Sodium	158 mg
Zinc	0.02 mg

AMINO ACIDS

Alanine	0.566 g
Arginine	0.533 g
Aspartic acid	0.997 g
Cystine	0.254 g
Glutamic acid	1.301 g
Glycine	0.343 g
Histidine	0.221 g
Isoleucine	0.554 g
Leucine	0.826 g
Lysine	0.666 g
Methionine	0.337 g
Phenylalanine	0.572 g
Proline	0.381 g
Serine	0.676 g
Threonine	0.445 g
Tryptophan	0.121 g
Tyrosine	0.381 g
Valine	0.624 g

VITAMINS

Vitamin A	0 IU
Vitamin B1 – Thiamin	0.005 mg
Vitamin B2 – Riboflavin	0.4 mg
Vitamin B3 – Niacin	0.1 mg
Vitamin B6 – Pyridoxine	0.004 mg
Vitamin B12	0.06 mcg
Folic Acid	3 mcg
Pantothenic acid	0.155 mg

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Liquid Egg Yolks

Nutritional information per 100g *

Calories	303 kcal
Calories from Fat	230 kcal
Carbohydrate	1.15 g
Protein (N x 6.25)	15.5 g
Ash	1.55 g
Moisture	56.2 g

Total Fat	25.6 g
Saturated Fat	7.82 g
Monounsaturated Fat	9.75 g
Polyunsaturated Fat	3.63 g
Trans Fatty Acids	0 g
Cholesterol	1075 mg

MINERALS

Calcium	138 mg
Copper	0.024 mg
Iron	3.34 mg
Magnesium	9 mg
Manganese	0.062 mg
Phosphorus	417 mg
Potassium	118 mg
Sodium	67 mg
Zinc	2.88 mg

AMINO ACIDS

Alanine	0.796 g
Arginine	1.106 g
Aspartic acid	1.515 g
Cystine	0.278 g
Glutamic acid	1.964 g
Glycine	0.479 g
Histidine	0.402 g
Isoleucine	0.784 g
Leucine	1.362 g
Lysine	1.230 g
Methionine	0.384 g
Phenylalanine	0.662 g
Proline	0.647 g
Serine	1.324 g
Threonine	0.823 g
Tryptophan	0.181 g
Tyrosine	0.689 g
Valine	0.863 g

VITAMINS

Vitamin A	1410 IU
Vitamin B1 – Thiamin	0.155 mg
Vitamin B2 – Riboflavin	0.52 mg
Vitamin B3 – Niacin	0.045 mg
Vitamin B6 – Pyridoxine	0.345 mg
Vitamin B12	1.821 mcg
Folic Acid	116 mcg
Pantothenic acid	3.52 mg

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Liquid Sugared Egg Yolks Nutritional information per 100g *

Calories	307 kcal
Calories from Fat	205 kcal
Carbohydrate	10.8 g
Protein (N x 6.25)	13.8 g
Ash	1.4 g
Moisture	51.3 g

Total Fat	22.75 g
Saturated Fat	6.97 g
Monounsaturated Fat	8.61 g
Polyunsaturated Fat	3.24 g
Trans Fatty Acids	0 g
Cholesterol	959 mg

MINERALS

Calcium	123 mg
Copper	0.012 mg
Iron	3.14 mg
Magnesium	10 mg
Manganese	0.059 mg
Phosphorus	384 mg
Potassium	103 mg
Sodium	67 mg
Zinc	2.81 mg

AMINO ACIDS

Alanine	0.709 g
Arginine	0.985 g
Aspartic acid	1.349 g
Cystine	0.247 g
Glutamic acid	1.749 g
Glycine	0.426 g
Histidine	0.358 g
Isoleucine	0.698 g
Leucine	1.212 g
Lysine	1.095 g
Methionine	0.342 g
Phenylalanine	0.590 g
Proline	0.576 g
Serine	1.179 g
Threonine	0.733 g
Tryptophan	0.161 g
Tyrosine	0.614 g
Valine	0.768 g

VITAMINS

Vitamin A	1315 IU
Vitamin B1 – Thiamin	0.135 mg
Vitamin B2 – Riboflavin	0.53 mg
Vitamin B3 – Niacin	0.023 mg
Vitamin B6 – Pyridoxine	0.284 mg
Vitamin B12	1.77 mcg
Folic Acid	139 mcg
Pantothenic acid	3.2 mg

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Liquid Salted Egg Yolks **Nutritional information per 100g ***

Calories	274 kcal
Calories from Fat	207 kcal
Carbohydrate	1.6 g
Protein (N x 6.25)	14 g
Ash	10.6 g
Moisture	50.8 g

Total Fat	23 g
Saturated Fat	7.03 g
Monounsaturated Fat	8.85 g
Polyunsaturated Fat	3.15 g
Trans Fatty Acids	0 g
Cholesterol	955 mg

MINERALS

Calcium	114 mg
Copper	0.109 mg
Iron	3.75 mg
Magnesium	10 mg
Manganese	0.062 mg
Phosphorus	431 mg
Potassium	117 mg
Sodium	3780 mg
Zinc	2.84 mg

AMINO ACIDS

Alanine	0.719 g
Arginine	0.999 g
Aspartic acid	1.369 g
Cystine	0.251 g
Glutamic acid	1.774 g
Glycine	0.432 g
Histidine	0.363 g
Isoleucine	0.708 g
Leucine	1.230 g
Lysine	1.111 g
Methionine	0.347 g
Phenylalanine	0.598 g
Proline	0.585 g
Serine	1.196 g
Threonine	0.744 g
Tryptophan	0.164 g
Tyrosine	0.623 g
Valine	0.780 g

VITAMINS

Vitamin A	1190 IU
Vitamin B1 – Thiamin	0.13 mg
Vitamin B2 – Riboflavin	0.43 mg
Vitamin B3 – Niacin	0.04 mg
Vitamin B6 – Pyridoxine	0.261 mg
Vitamin B12	2.52 mcg
Folic Acid	107 mcg
Pantothenic acid	3.23 mg

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Liquid Salted Whole Eggs Nutritional information per 100g *

Calories	135 kcal
Calories from Fat	81 kcal
Carbohydrate	1.5 g
Protein (N x 6.25)	11 g
Ash	10.1 g
Moisture	68.5 g

Total Fat	9 g
Saturated Fat	2.83 g
Monounsaturated Fat	3.50 g
Polyunsaturated Fat	1.27 g
Trans Fatty Acids	0 g
Cholesterol	389 mg

MINERALS

Calcium	53 mg
Copper	0.135 mg
Iron	2.41 mg
Magnesium	12 mg
Manganese	0.037 mg
Phosphorus	238 mg
Potassium	128 mg
Sodium	3839 mg
Zinc	1.49 mg

AMINO ACIDS

Alanine	0.601 g
Arginine	0.649 g
Aspartic acid	1.086 g
Cystine	0.250 g
Glutamic acid	1.412 g
Glycine	0.363 g
Histidine	0.256 g
Isoleucine	0.589 g
Leucine	0.923 g
Lysine	0.776 g
Methionine	0.337 g
Phenylalanine	0.574 g
Proline	0.431 g
Serine	0.805 g
Threonine	0.520 g
Tryptophan	0.132 g
Tyrosine	0.442 g
Valine	0.659 g

VITAMINS

Vitamin A	473 IU
Vitamin B1 – Thiamin	0.05 mg
Vitamin B2 – Riboflavin	0.41 mg
Vitamin B3 – Niacin	0.07 mg
Vitamin B6 – Pyridoxine	0.146 mg
Vitamin B12	1.84 mcg
Folic Acid	68 mcg
Pantothenic acid	1.39 mg

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Liquid Salted Egg Blend (33% egg solids)

Nutritional information per 100g *

Calories	200 kcal
Calories from Fat	144 kcal
Carbohydrate	1.6 g
Protein (N x 6.25)	12 g
Ash	10.3 g
Moisture	60.2 g

Total Fat	16 g
Cholesterol	660 mg
Trans Fatty Acids	0 g

MINERALS

Calcium	86 mg
Copper	0.123 mg
Iron	3.04 mg
Magnesium	11 mg
Manganese	0.049 mg
Phosphorus	328 mg
Potassium	123 mg
Sodium	3812 mg
Zinc	2.12 mg

AMINO ACIDS

Alanine	0.656 g
Arginine	0.813 g
Aspartic acid	1.219 g
Cystine	0.251 g
Glutamic acid	1.582 g
Glycine	0.395 g
Histidine	0.306 g
Isoleucine	0.645 g
Leucine	1.067 g
Lysine	0.933 g
Methionine	0.342 g
Phenylalanine	0.585 g
Proline	0.503 g
Serine	0.988 g
Threonine	0.625 g
Tryptophan	0.147 g
Tyrosine	0.527 g
Valine	0.715 g

VITAMINS

Vitamin A	845 IU
Vitamin B1 – Thiamin	0.09 mg
Vitamin B2 – Riboflavin	0.44 mg
Vitamin B3 – Niacin	0.05 mg
Vitamin B6 – Pyridoxine	0.223 mg
Vitamin B12	2.16 mcg
Folic Acid	86 mcg
Pantothenic acid	2.25 mg

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Liquid Salted Egg Blend (30% egg solids)

Nutritional information per 100g *

Calories	178 kcal
Calories from Fat	117 kcal
Carbohydrate	1.5 g
Protein (N x 6.25)	12 g
Ash	10.2 g
Moisture	63.0 g

Total Fat	13 g
Cholesterol	567 mg
Trans Fatty Acids	0 g

MINERALS

Calcium	75 mg
Copper	0.127 mg
Iron	2.82 mg
Magnesium	11 mg
Manganese	0.045 mg
Phosphorus	297 mg
Potassium	124 mg
Sodium	3821 mg
Zinc	1.91 mg

AMINO ACIDS

Alanine	0.637 g
Arginine	0.757 g
Aspartic acid	1.174 g
Cystine	0.250 g
Glutamic acid	1.524 g
Glycine	0.384 g
Histidine	0.289 g
Isoleucine	0.626 g
Leucine	1.018 g
Lysine	0.880 g
Methionine	0.340 g
Phenylalanine	0.581 g
Proline	0.479 g
Serine	0.925 g
Threonine	0.589 g
Tryptophan	0.142 g
Tyrosine	0.498 g
Valine	0.696 g

VITAMINS

Vitamin A	718 IU
Vitamin B1 – Thiamin	0.08 mg
Vitamin B2 – Riboflavin	0.43 mg
Vitamin B3 – Niacin	0.06 mg
Vitamin B6 – Pyridoxine	0.197 mg
Vitamin B12	2.05 mcg
Folic Acid	80 mcg
Pantothenic acid	1.96 mg

* Data from Agricultural Research Service, USDA

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